























LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
10h CAF 	10h LESMILLS BODYBALANCE 	planning HCA 2017-2018 	10h BBE 	10h LESMILLS BODYBALANCE 
10h45 STRETCHING 	10h45 STRETCHING 		10h25 ABDOS FESSIERS 	
			10h50 STRETCHING 	
12h15 LESMILLS BODYPUMP 			12h15 CAF / Cross training 	
18h ABDOS 	18h15 LESMILLS BODYPUMP 		18h ABDOS 	18h15 LESMILLS BODYPUMP 
18h20 STEP 	19h20 LESMILLS SH'BAM 	18h20 AERO 	19h20 LESMILLS SH'BAM 	18h30 LESMILLS BODYBALANCE 
19h LESMILLS BODYBALANCE 		19h LESMILLS BODYPUMP 		19h15 STRETCHING 