

JEUDI 06/08	VENDREDI 07/08	SAMEDI 08/08	DIMANCHE 09/08	LUNDI 10/08	MARDI 11/08	MERCREDI 12/08
09:15:00 60 min PILATES LEA GABRIELE	11:00:00 60 min LESMILLS BODYBALANCE EMILIE SUAREZ	09:30:00 45 min ABDOS FESSIERS		09:15:00 60 min LESMILLS BODYATTACK	09:15:00 60 min LESMILLS RPM EMILIE SUAREZ	09:15:00 60 min ABDOS FESSIERS EMILIE SUAREZ
10:15:00 60 min YOGA LEA GABRIELE	12:30:00 30 min LESMILLS RPM EMILIE SUAREZ	10:15:00 60 min LESMILLS BODYATTACK		10:15:00 60 min LESMILLS BODYBALANCE	10:15:00 60 min LESMILLS BODYPUMP EMILIE SUAREZ	10:15:00 60 min STRETCHING EMILIE SUAREZ
12:30:00 60 min CROSS TRAINING COURS ANNULE	13:00:00 30 min LESMILLS sprint EMILIE SUAREZ	11:15:00 60 min SPINNING		12:30:00 60 min LESMILLS BODYPUMP	12:30:00 60 min LESMILLS BODYCOMBAT EMILIE SUAREZ	12:30:00 60 min SPINNING EMILIE SUAREZ
18:30:00 60 min LESMILLS RPM EMILIE SUAREZ	18:00:00 60 min LESMILLS BODYATTACK EMILIE SUAREZ			18:30:00 60 min LESMILLS BODYPUMP	18:30:00 60 min LESMILLS BODYATTACK EMILIE SUAREZ	18:30:00 60 min LESMILLS BODYCOMBAT EMILIE SUAREZ
19:30:00 60 min LESMILLS BODYBALANCE EMILIE SUAREZ	19:00:00 60 min LESMILLS RPM EMILIE SUAREZ			19:30:00 60 min LESMILLS RPM	19:30:00 60 min ABDOS FESSIERS COURS ANNULE	19:30:00 30 min LESMILLS sprint EMILIE SUAREZ