

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

09H45 45'

CAF

09H45 60'

PILATES

09H45 45'

LesMILLS
BODYPUMP

09H45 45'

LesMILLS
CORE

09H45 45'

LesMILLS
RPM

09H45 45'

LesMILLS
BODYPUMP

10H45 45'

STRETCHING

10H45 45'

LesMILLS
BODYBALANCE

10H45 45'

STRETCHING

10H45 45'

LesMILLS
BODYBALANCE

10H45 45'

LesMILLS
RPM

12H30 45'

LesMILLS
BODYBALANCE

12H30 45'

LesMILLS
BODYPUMP

12H30 45'

LesMILLS
CORE

12H30 45'

LesMILLS
RPM

12H30 45'

LesMILLS
BODYATTACK

14H30 45'



17H45 45'

STEP

17H45 45'

CAF

17H45 45'

LesMILLS
BODYPUMP

17H45 45'

LesMILLS
RPM

17H45 45'

LesMILLS
BODYPUMP

18H45 45'

LesMILLS
BODYPUMP

18H45 45'

LesMILLS
RPM

18H45 45'

HIIT

18H45 45'

LesMILLS
BODYBALANCE

18H45 45'

CROSS-TRAINING

19H40 45'

CROSS-TRAINING

19H40 30'

LesMILLS
BODYATTACK

CARDIO

RENFO

CARDIO-RENFO

DETENTE



CHAA

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 Club Haltérophile
Athlétique Angoumoisain

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Lundi >>> 09H00 - 21H00

Mardi >>> 09H00 - 21H00

Mercredi >>> 09H00 - 21H00

Jeudi >>> 09H00 - 21H00

Vendredi >>> 09H00 - 21H00

Samedi >>> 09H00 - 16H00

