

TheCorporateGym & Wellbeing

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
11:45 - 14:00	Accueil & Inscription & Coaching 11:30 - 14:30				
	HIIT 12:15 - 13:00	Aero Combat 12:15 - 13:00	Abdos Fessiers 12:15 - 13:00	Step 12:15 - 13:00	Body Barre 12:15 - 13:00
	Mobilité 13:00 - 13:30	100% Abdos 13:00 - 13:30	Stretching 13:00 - 13:30	100% Abdos 13:00 - 13:30	Gym Douce 13:00 - 13:30
16:30 - 20:30	Fermé	Accueil & Inscription & Coaching 16:30 - 17:30			Fermé
		HIIT 17:30 - 18:00	Circuit Training 17:30 - 18:15	Circuit Training 17:30 - 18:15	
		Stretching 18:15 - 18:45	100% Abdos 18:30 - 19:00	Stretching 18:15 - 18:45	

 Intensité supérieure
 Intensité modérée


Contacts

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