



TheCorporateGym & Wellbeing

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI
11:00 14:30	Inscription bilan & coaching 11:00 – 12:30	Fermé	Inscription bilan & coaching 11:00 – 12:30	Fermé	Inscription bilan & coaching 11:00 – 12:30
	Cuisses-Abdos Fessiers 12:30 – 13:15		Spécial dos 12:15 – 13:00		Yoga 12:00 – 13:00
	HIIT 13:30 – 14:15		HIIT 13:15 – 14:00		Circuit Training 12:30 – 13:15
			Coaching 14:00 – 14:30		Full Body 13:30 – 14:15
17:00 21:30	Fermé	Inscription bilan & coaching 17:00 – 18:00	Fermé	Inscription bilan & coaching 17:00 – 18:00	Fermé
		Circuit Training 18:00 – 18:45		HIIT 18:00 – 18:45	
		Cuisses-Abdos Fessiers 19:00 – 19:45		Cuisses-Abdos Fessiers 19:00 – 19:45	
		Coaching 20:00 – 21:30		Fermé 20:00 – 21:30	



Intensité supérieure



Intensité modérée

