

TheCorporateGym & Wellbeing



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
07:30 09:30	Accueil, bilan & coaching 07:30 – 08:00 / 08:30 – 09:30				
	Body Barre 07:45 – 08:30	Abdos-Fessiers 08:00 – 08:30	Spécial dos 08:00 – 08:30	Full Body 08:00 – 08:30	Réveil Musculaire 08:00 – 08:30
11:45 14:15	Accueil, bilan & coaching 11:45 – 12:15 / 13:45 – 14:15				
	CAF 12:15 – 13:00	HIIT 12:15 – 12:45	Circuit Training 12:15 – 12:45	Zumba 12:15 – 13:00	Full body 12:15 – 12:45
	Step 13:00 – 13:30	Yoga 13:00 – 13:45	Stretching 13:00 – 13:45	Pilates 13:00 – 13:45	Stretching 13:00 – 13:30
17:00 20:00	Accueil, bilan & coaching 17:00 – 18:00 / 19:30 – 20:00				
	HIIT 17:30 – 18:15	Circuit Training 17:30 – 18:15	Body Barre 17:30 – 18:15	Bootcamp 17:30 – 18:15	Gym Douce 17:30 – 18:15
	Stretching 18:15 – 18:45	Posture 18:15 – 19:00	Cuisses-Fessiers 18:15 – 18:45	Body Barre 18:15 – 19:00	Spécial dos 18:15 – 18:45

- Renf
- Caro
- Zen