

TheCorporateGym  
& Wellbeing

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
11:30 14:30	<b>HIIT</b> 12:15 – 13:00	<b>Full Body</b> 12:15 – 13:00	<b>Free Cardio</b> 12:15 – 13:00	<b>Spécial Haut du corps</b> 12:15 – 13:00	<b>AF</b> 12:15 – 13:00
	<b>100% Abdos</b> 13:00 – 13:15	<b>Body Sculpt</b> 13:00 – 13:30	<b>Stretching</b> 13:00 – 13:30	<b>Gym douce</b> 13:00 – 13:30	<b>Stretching</b> 13:00 – 13:30
17:00 20:00	<b>Spécial Haut du corps</b> 17:30 – 18:15	<b>Circuit Plateau</b> 17:30 – 18:30	<b>Coaching Conseil Suivi</b>	<b>Spécial Bas du corps</b> 17:30 – 18:15	<b>Gym douce</b> 17:30 – 18:15
	<b>100% Abdos</b> 18:15 – 18:30	<b>Stretching</b> 18:30 – 19:00	<b>HIIT</b> 18:00 – 18:30	<b>Free Cardio</b> 18:00 – 18:30	<b>Coaching Conseil Suivi</b>

**Contacts**

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