



TheCorporateGym
& Wellbeing

A partir du 19 mai 2025

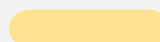
	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI
11:30 13:30	Inscription & bilan & coaching/ suivi plateau 11:30 – 12:00				
	Body Barre 12:00 – 12:45	Yoga 11:45 – 12:45	Boxe 12:00 – 13:00	Pilates 12:00 – 13:00	Circuit Training 12:00 – 12:45
	HIIT 12:45 – 13:15	Circuit Training 12:45 – 13:15	100% Abdos 13:00 – 13:15	Bilan & suivi 13:00 – 13:15	Body Zen 12:45 – 13:15
17:30 19:30 *	Inscription & bilan & coaching/ suivi plateau 17:30 – 18:00 sauf le mercredi				
	Full Body 18:00 – 18:30	HIIT 18:00 – 18:30	Bilan & suivi 18:15 – 19:15	Body Barre 18:00 – 18:30	FERMÉ
	Stretching 18:30 – 19:00	CAF 18:30 – 19:00		100% Abdos 18:30 – 19:00	



Intensité supérieure



Intensité modérée



* Excepté le mercredi de 17h15 à 19h15