

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	
11:30 - 14:30	Accueil & Inscription & Coaching 11:30 - 14:30					
	Cross Training 12:15 - 13:00	Omnia 12:15 - 13:00	Pilates 12:15 - 13:15	CAF 12:15 - 13:00	Yoga 12:15 - 13:15	Indoor Outdoor 12:15 - 13:00
	Body Barre 13:00 - 13:45			Free Cardio 13:00 - 13:45	HIIT 13:15 - 13:45	Flash Abdos 13:15 - 13:45
16:30 - 20:00	Accueil & Inscription & Coaching 16:30 - 18:00					
	Cross Training 18:00 - 18:45	Tabata Workout 18:00 - 18:45	Body Barre 18:00 - 18:45	U'Burn 18:00 - 18:45	Fermé	
Body Zen 18:45 - 19:30	CAF 18:45 - 19:30	Bootcamp 18:45 - 19:30	Body Barre 18:45 - 19:30			

Intensité supérieure

Intensité modérée

Contacts

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