



# TheCorporateGym & Wellbeing

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
11:30	<b>CAF</b> 12:15 – 13:00	<b>Body Sculpt</b> 12:15 – 13:00	<b>CAF</b> 12:15 – 13:00	<b>Training*</b> 12:15 – 13:00	<b>Abdos Power</b> 12:15 – 13:00
14:30	<b>Haut du Corps</b> 13:15 – 13:45	<b>CAF</b> 13:15 – 13:45	<b>Body Sculpt</b> 13:15 – 13:45	<b>Abdos Fessiers</b> 13:15 – 13:45	<b>Training*</b> 13:15 – 13:45
17:00	<b>Abdos Fessiers</b> 17:30 – 18:15	<b>Training*</b> 17:30 – 18:15	<b>Training*</b> 17:30 – 18:15	<b>Abdos Power</b> 17:30 – 18:15	<b>Fermé</b>
20:00					
Sauf Vendredi	<b>Body Sculpt</b> 18:30 – 19:00	<b>Haut du Corps</b> 18:30 – 19:00	<b>Abdos Power</b> 18:30 – 19:00	<b>CAF</b> 18:30 – 19:00	

\*Training: Cours Full Body avec matériel (Barres/ Steps/ Disques/ Tubings)

 Renforcement musculaire

## Contacts

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