



TheCorporateGym
& Wellbeing

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI
07:30 09:30	Circuit Training 08:00 – 08:30	Stretching 08:00 – 08:30	Bootcamp 08:00 – 08:30	Stretching 08:00 – 08:30	HIIT 08:00 – 08:30
11:30	CAF 12:15 – 13:00	Body Sculpt 12:15 – 13:00	CAF 12:15 – 13:00	Circuit Training 12:15 – 13:00	Circuit Training 12:15 – 13:00
14:30	Haut du Corps 13:15 – 13:45	CAF 13:15 – 13:45	Body Sculpt 13:15 – 13:45	Abdos Fessiers 13:15 – 13:45	Circuit Training 13:15 – 13:45
16:30	Abdos Fessiers 17:30 – 18:15	Circuit Training 17:30 – 18:15	Circuit Training 17:30 – 18:15	Abdos Power 17:30 – 18:15	Fermé
19:30 Sauf Vendredi	Body Sculpt 18:30 – 19:00	Haut du Corps 18:30 – 19:00	Abdos Power 18:30 – 19:00	CAF 18:30 – 19:00	

Intensity legend showing three levels: Intensité supérieure (red bar), Intensité modérée (blue bar), and a yellow bar. Icons include a heart, a lotus flower, and a dumbbell.

Contacts

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