

WELCOME

LUNDI MARDI MERCREDI JEUDI VENDREDI

11:45 14:15	Inscription & bilan & coaching/suivi plateau 11:45 – 12:15 & 13h45 – 14:15				
	Cuisses Abdos Fessiers 12:15 – 13:00	Yoga 12:00 – 13:00	HIIT 12:15 – 13:00	Circuit Training 12:15 – 13:00	Full Body 12:15 – 13:00
	HIIT 13:15 – 13:45	100% Abdos 13:15 – 13:45	Abdos Fessiers 13:15 – 13:45	Cuisses Abdos Fessiers 13:15 – 13:45	HIIT 13:15 – 13:45

-  Zen
-  Renforcement
-  Cardio

TheCorporateGym
& Wellbeing