



TheCorporateGym
& Wellbeing

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
7:30	Accueil, Informations et Conseils 7:30 – 8:00				
9:30	Circuit Training 8:00 – 8:45	Abdos Fessiers 8:00 – 8:30	Réveil Tonic 8:00 – 8:30	Body Sculpt 8:00 – 8:45	Interval Training 8:00 – 8:45
11:30	Accueil, Informations et Conseils 11:30 – 12:15				
14:30	Body Sculpt 12:15 – 13:00	Body Barre 12:15 – 13:00	Circuit minceur 12:15 – 13:00	Free Cardio 12:15 – 13:00	Circuit minceur 12:15 – 13:00
	Abdos Fessiers 13:00 – 13:45	Stretching 13:00 – 13:30	Interval Training 13:00 – 13:45	Abdos Power 13:00 – 13:30	Stretching 13:00 – 13:45
17:00	Accueil, Informations et Conseils 17:00 – 17:45				
20:00	Interval Training 18:00 – 18:45	Free Cardio 18:15 – 19:00	CAF 18:00 – 18:45	Body Barre 18:15 – 19:00	Abdos Fessiers 17:30 – 18:15

 Intensité supérieure
 Intensité modérée


Contacts
<http://center.tcgwellbeing.com/equilibre/>
gymequilibre@thecorporategym.com
 01 46 49 95 29