

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
08:00 - 09:30	Coaching 08:00 - 08:30				
	Body Up 08:30 - 09:00	Stretching 08:30 - 09:00	HIIT 08:30 - 09:00	Cross Training 08:15 - 09:00	CAF 08:30 - 09:00
	Accueil & Inscription 09:00 - 09:30				
11:30 - 14:00	Accueil & Inscription 11:30 - 12H15				
	Coaching 11:30 - 13:00	Yin Yoga 12:15 - 13:00	Coaching 11:30 - 13:00	Zumba 12:15 - 13:15	Coaching 11:30 - 13:00
	Coaching 11:30 - 13:00	Coaching 11:30 - 13:00	Coaching 11:30 - 13:00	Vinyasa Yoga 12:15 - 13:00	Coaching 11:30 - 13:00
	Coaching 11:30 - 13:00	Coaching 11:30 - 13:00	Coaching 11:30 - 13:00	Coaching 11:30 - 13:00	Coaching 11:30 - 13:00
	Coaching 11:30 - 13:00	Coaching 11:30 - 13:00	Coaching 11:30 - 13:00	Coaching 11:30 - 13:00	Coaching 11:30 - 13:00
17:00 - 20:00	Accueil & Inscription 16:45 - 18:00				
	Body Barre 18:00 - 18:45	Pilates 18:00 - 18:45	HIIT 18:00 - 18:45	CAF 18:00 - 18:45	Power Training 18:00 - 18:45
	100% Abdos 18:45 - 19:15	Cross Training 18:45 - 19:30	Stretching 18:45 - 19:15	100% Abdos 18:45 - 19:15	Stretching 18:45 - 19:15
	100% Abdos 18:45 - 19:15	Cross Training 18:45 - 19:30	Stretching 18:45 - 19:15	100% Abdos 18:45 - 19:15	Stretching 18:45 - 19:15
	100% Abdos 18:45 - 19:15	Cross Training 18:45 - 19:30	Stretching 18:45 - 19:15	100% Abdos 18:45 - 19:15	Stretching 18:45 - 19:15

Contacts

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Intensité supérieure



Intensité modérée

