



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
08:00 - 09:30	Accueil, Inscription et Encadrement 08:00 – 08:30 & 9:00 – 9:30				
	Body Up 08:30 – 09:00	Stretching 08:30 – 09:00	HIIT 08:30 – 09:00	Cross Training 08:30 – 09:00	CAF 08:30 – 09:00
11:30 - 14:00	Accueil, Inscription et Encadrement 11:30 – 13:00 & 13:45 – 14:00				
	Yin Yoga 12:15 – 13:00	Zumba 12:15 – 13:15	Vinyasa Yoga 12:15 – 13:00	Zumba 12:10 – 13:05	CAF 12:15 – 13:00
	HIIT 13:00 – 13:45	Full Body 13:15 – 13:45	Hatha Yoga 13:00 – 13:45	Pilates 13:05 – 13:50	Cross Training 13:15 – 13:45
17:00 - 20:00	Accueil, Inscription et Encadrement 17:00 – 18:00 & 19:30 – 20:00				
	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	Stretching 18:45 – 19:30	100% Abdos 18:45 – 19:15	Boxe 18:45 – 19:30	Stretching 18:45 – 19:15

Contacts

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Intensité supérieure



Intensité modérée

