PLANNING

The Corporate Gym

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
MATIN	BODY UP 08:30 – 09:00	STRETCHING 08:30 – 09:00	GYM POSTURAL 08:30 – 09:00	CROSS TRAINING 08:30 – 09:00	CAF 08:30 – 09:00
MIDI	YIN YOGA 12:15 – 13:00	ZUMBA 12:15 – 13:15	VINYASA YOGA 12:15 – 13:00	ZUMBA 12:15 – 13:00	CAF 12:15 – 13:00
MIDI	HIIT 13:00 – 13:45	FULL BODY 13:15 – 13:45	HATHA YOGA 13:00 – 13:45	PILATES 13:00 – 13:45	CROSS TRAINING 13:15 – 13:45
SOIR	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
SOIR	100% ABDOS 18:45 – 19:15	STRETCHING 18:45 – 19:15	100% ABDOS 18:45 – 19:15	STRETCHING 18:45 – 19:15	STRETCHING 18:45 – 19:15

Intensité supérieure

Intensité modérée

Intensité faible

03 20 Fontenoy / Ségur

Contacts
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