

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
	Inscriptions et coachings 11:30 – 12:00				
	11:30 Body Barre 12:00 – 12:45	Total Abdos 12:00 – 12:30	CAF 12:00 – 12:45	Spécial Jambes 12:00 – 12:30	Spécial Haut du corps 12:00 – 12:45
	14:30 Stretching 13:00 – 13:30	Abdos-Fessiers 12:45 – 13:15	Stretching 13:00 – 13:30	Postural Dos 12:45 – 13:15	Body Barre 13:00 – 13:45
	Inscriptions et coachings 13:15 – 14:30				
	Inscriptions et coaching 17:15 – 18:00				
	17:00 Body Barre 18:00 – 19:00	CAF 18:00 – 18:45	Body Barre 18:00 – 19:00	Abdos-Fessiers 18:00 – 18:45	CAF 18:00 – 18:45
	20:00 Inscriptions et coaching 19:00 – 20:00	Stretching 19:00 – 19:30 Inscriptions et coaching 19:30 – 20:00	Inscriptions et coaching 19:00 – 20:00	Total Abdos 19:00 – 19:30 Inscriptions et coaching 19:30 – 20:00	Stretching 19:00 – 19:30 Inscriptions et coaching 19:30 – 20:00

Renforcement musculaire
 Gym douce

Contacts

<https://campusmassy.thecorporategym.fr/>
gymcampusmassy@thecorporategym.com

09 54 10 60 08