

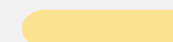
	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
07:30		Coachings 09:00 – 10:00		Coachings 09:00 – 10:00	
10:00		Réveil Musculaire 08:00 – 8:45		Réveil Musculaire 08:00 – 8:45	
11:30	Inscriptions, bilans et coachings 11:30 – 14:30				
14:30	Body Barre 12:00 – 12:45	Circuit Training 12:00 – 12:45	CAF 12:00 – 12:45	Cross training 12:00 – 12:45	Body Barre 12:00 – 13:00
	Interval Training 12:45 – 13:30	Abdos-Fessiers 12:45 – 13:15	Stretching 12:45 – 13:15	Postural Dos 12:45 – 13:15	WOD sur plateau 13:00 – 13:30
17:00	Inscriptions bilans et coachings 17:00 – 18:00 et 19:30 – 20:00				
20:00	Body Barre 18:00 – 19:00	Body Zen 18:00 – 18:45	Body Barre 18:00 – 19:00	Body Zen 18:00 – 18:45	Cross Training 18:00 – 18:45
	Stretching 19:00 – 19:15	Circuit Training 18:45 – 19:15	HIIT 19:00 – 19:30	100% Abdos 18:45 – 19:15	WOD sur plateau 18:45 – 19:15



Intensité supérieure



Intensité modérée



Contacts

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