



TheCorporateGym
& Wellbeing

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
07:30 09:30	Cross Training & Stretch 08:00 – 08:45	CAF 08:00 – 08:45	Cycling 08:00 – 08:30	Body zen 08:00 – 08:45	HIIT 08:00 – 08:45
11:30	Cardio Combat 12:10 – 12:55	Cycling 12:10 – 12:55	Yoga 12:10 – 13:10	Full Body 12:10 – 12:55	Cross Training & Stretch 12:10 – 12:55
14:30	CAF 13:00 – 13:45	Basic Forme 13:00 – 13:45	HIIT 13:10 – 13:55	Cycling 13:15 – 13:45	Body Pump 13:00 – 13:45
16:30	Yoga 17:30 – 18:30	Bootcamp 17:30 – 18:15	Body Pump 17:30 – 18:15	Yoga 17:30 – 18:30	CAF 17:00 – 18:00
20:30 Sauf Vendredi 16:30 19:00	Cycling 18:30 – 19:15	Pilates 18:30 – 19:30	Cross Training & Stretch 18:30 – 19:15	Tabata Workout 18:30 – 19:00	Cycling 18:15 – 18:45
	Bilans & Coaching				

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Intensité supérieure

Intensité modérée