

TheCorporateGym
& Wellbeing

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
12:00 14:00	Inscription et Bilan de condition physique 12:00 – 12:15				
	Cardio Power 12:15 – 13:00	Body Barre 12:15 – 13:00	Cardio Power 12:15 – 13:00	Body Sculpt 12:15 – 13:00	Cross Training 12:15 – 13:00
	Abdos Flash 13:00 – 13:15	Stretching 13:00 – 13:15	Abdos Flash 13:00 – 13:15	Stretching 13:00 – 13:15	Abdos Flash 13:00 – 13:15
16:30 18:30	Fermé	Bilan et Coaching 16:30 – 17:00	Fermé	Fermé	Fermé
		Section BOXE* 17:00 – 18:30			

*Sur Réservation CCE Boxe

- Renforcement musculaire
- Cours dynamiques
- Gym douce
- Circuits Trainings
- Bilan CP/ Coaching

Contacts

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