

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
11:30	CAF 12:15 – 13:00	Circuit Training 12:15 – 13:00	HIIT 12:15 – 12:45	Body Barre 12:15 – 13:00	HIIT 12:15 – 12:45
14:30	HIIT 13:15 – 13:45	Stretching 13:15 – 13:45	CAF 13:15 – 14:00	Gym Balance 13:15 – 14:00	Stretching 13:15 – 13:45
16:00	Accueil, Information & Conseils 16:00 – 18:15				
20:00	Stretching 18:15 – 18:45	Body Barre 18:15 – 19:00	100% Abdos 18:15 – 18:45	Circuit Training 18:15 – 19:00	Coaching sur machines

- Renforcement musculaire
- Cours dynamiques
- Gym douce
- Cours spécifiques
- Les Mills

Contacts

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