

GREENWALK

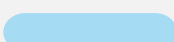
	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI
7:30	Fermé	Inscription, Bilan et Coaching 07:30 – 08:00 08:45 – 09:30			
9:30		Abdos Fessiers 08:00 – 08:45	Circuit Training 08:00 – 08:45	Cycling 08:00 – 08:45	TRX 08:00 – 08:45
11:30	Inscription, Bilan et Coaching 11:30 – 12:00 13:30 – 14:30				
14:30	Bootcamp 12:15 – 13:00	Cycling 12:15 – 13:00	Yoga 12:15 – 13:15	HIIT 12:15 – 12:45	Circuit Training 12:15 – 13:00
	Initiation TRX 13:15 – 13:45	Stretching 13:15 – 13:45	Power Sculpt 13:15 – 13:45	Pilates 13:15 – 14:00	Abdos Fessiers 13:15 – 13:45
17:00 20:30	Inscription, Bilan et Coaching 17:00 – 18:30 19:15 – 20:30				Inscription, Bilan et Coaching 16:30 – 18:30 19:00 – 19:30
Sauf Vendredi 16h30 19h30	Cycling 18:30 – 19:15	Pilates 18:30 – 19:15	Basic Forme 18:30 – 19:00	Bootcamp 18:30 – 19:15	Stretching 18:30 – 19:00



Intensité supérieure



Intensité modérée



Contacts :

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