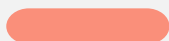


# GREENWALK

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



Intensité supérieure



Intensité modérée



## Contacts :

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