

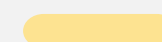
	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
07:00 09:00	Accueil & Coaching & Inscriptions 07:00 – 09:00				
	Réveil musculaire 08:15 – 09:00	Circuit training 08:15 – 09:00	Renfo musculaire 08:15 – 09:00	Yoga 08:15 – 09:00	Circuit training 08:15 – 09:00
11:30 – 14:00	Accueil & Coaching & Inscriptions 11:30 – 12:15 & 13:45 – 14:00				
	Body Barre 12:15 – 13:00	Circuit Training 12:15 – 13:00	CAF 12:15 – 13:00	Body Barre 12:15 – 13:00	HIIT 12:15 – 13:00
	Abdos Taille 13:00 – 13:45	Body Sculpt 13:00 – 13:45	Pilates 13:00 – 13:45	Abdos Fessiers 13:00 – 13:45	Free Cardio 13:00 – 13:45
Du Lundi au Jeudi 16:30 – 20:30	Accueil & Coaching & Inscriptions 16:30 – 18:15				Fermé
	AF 18:30 – 19:15	Circuit Minceur 18:30 – 19:15	Body Sculpt 18:30 – 19:15	Free cardio 18:30 – 19:15	
	Accueil & Coaching & Inscriptions 19:00 – 20:30				



Intensité supérieure



Intensité modérée



Intensité Faible



Contacts

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