

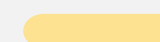
	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
07:00 09:00	Accueil & Coaching & Inscriptions 07:00 – 09:00				
	Pilates 08:00 – 08:45	Circuit training 08:00 – 08:45	Renfo musculaire 08:00 – 08:45	Yoga 08:00 – 08:45	Circuit training 08:00 – 08:45
11:30 – 14:00	Accueil & Coaching & Inscriptions 11:30 – 12:15 & 13:45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



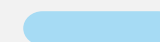
Intensité supérieure



Intensité modérée



Intensité Faible



Contacts

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