

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
11:30 14:30	Accueil, Information & Conseils 11:30 – 12:15				
	Free Cardio 12:15 – 13:00	Circuit Training 12:15 – 13:00	Yoga 12:15 – 13:15	Body Barre 12:15 – 13:00	Body Sculpt 12:15 – 13:00
	Abdos Fessiers 13:15 – 13:45	Gym Douce 13:15 – 14:00	CAF 13:15 – 14:00	Free Cardio 13:15 – 14:00	Stretching Relaxation 13:15 – 13:45
17:00 20:00	Accueil, Information & Conseils 17:00 – 17:30				
	Body Barre 17:30 – 18:15	Body Sculpt 17:30 – 18:15	Free Cardio 17:30 – 18:15	Gym Douce 17:30 – 18:15	Abdos Fessiers 17:30 – 18:00
	Stretching 18:15 – 18:45	Body Barre 18:15 – 19:00	Circuit Training 18:15 – 19:00	CAF 18:15 – 19:00	Stretching Relaxation 18:15 – 18:45

	Renforcement musculaire
	Cours dynamiques
	Gym douce
	Circuits Trainings
	Bilan CP/ Coaching

Contacts

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