



TheCorporateGym & Wellbeing

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI
12:00	Body Barre 12:15 – 13:00	CAF 12:15 – 13:00	Body Sculpt 12:15 – 13:00	Body Zen 12:15 – 13:00	Circuit Training 12:15 – 13:00
14:00	Step 13:00 – 13:30	Pilates 13:00 – 13:30	Spécial dos 13:00 – 13:30	AF 13:00 – 13:30	Stretching 13:00 – 13:30
17:00	CAF 17:30 – 18:15	Step 17:30 – 18:15	Haut du corps 17:15 – 17:45	Pilates 17:30 – 18:15	
19:30 Sauf vendredi	Circuit Training 18:15 – 19:00	Body barre 18:15 – 19:00	Abdos Flash 17:45 – 18:15	Circuit Training 18:15 – 19:00	CAF 18:30 – 19:15

-  Renforcement musculaire
-  Cours dynamiques
-  Gym douce
-  Cours spécifiques
-  Les Mills

Contacts

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