

Le campus
CHARLES ZVIAK

The
Corporate
Gym

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
07:30 09:30	Burning Ride 08:00 – 08:45	CAF 08:00 – 08:45	Cross Training & Stretch 08:00 – 08:45	Basic Forme 08:00 – 08:45	Power Sculpt 08:00 – 08:45
11:30	CAF 12:10 – 12:55	Cycling 12:10 – 12:55	Burning Ride 12:10 – 12:55	Body Pump 12:10 – 12:55	Basic Forme 12:10 – 12:55
14:30	Cross Training & Stretch 13:00 – 13:30	Yoga 13:00 – 14:00	CAF 13:00 – 13:45	HIIT 13:00 – 13:30	Cycling 13:00 – 13:45
16:30	Yoga 17:30 – 18:30	Burning Ride 17:30 – 18:15	Stretching 17:30 – 18:15	CAF 17:30 – 18:15	Yoga 17:00 – 18:00
20:30	Cycling 18:30 – 19:15	Body Pump 18:30 – 19:30	Cycling 18:30 – 19:15	Pilates 18:30 – 19:15	Abdos Fessiers 18:00 – 18:30
Sauf Vendredi 16:30 19:00	Inscriptions & Bilans 18:45 – 20:30	Small Group 19:15 – 19:45	Inscriptions & Bilans 19:30 – 20:30	Small Group 19:15 – 19:45	Inscriptions & Bilans 18:45 – 19:00
	Bilans & Coaching				



Intensité supérieure



Intensité modérée



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