

# TheCorporateGym & Wellbeing

|                    | LUNDI                                             | MARDI                             | MERCREDI                          | JEUDI                        | VENDREDI              |
|--------------------|---------------------------------------------------|-----------------------------------|-----------------------------------|------------------------------|-----------------------|
| 11:30<br><br>14:00 | Accueil, Informations & Conseils<br>11:30 – 12:15 |                                   |                                   |                              |                       |
|                    | Free Cardio<br>12:15 – 13:00                      | Body Sculpt<br>12:15 – 13:00      | Circuit Training<br>12:15 – 13:00 | Free Cardio<br>12:15 – 13:00 | CAF<br>12:15 – 13:00  |
|                    | Spécial Dos<br>13:00 – 13:45                      | Gym Douce<br>13:00 – 13:45        | Core Training<br>13:00 – 13:45    | Stretching<br>13:00 – 13:45  | HIIT<br>13:00 – 13:45 |
|                    |                                                   |                                   |                                   |                              |                       |
| 17:00<br><br>20:00 | Accueil & Coaching<br>17:00 – 18:15               |                                   |                                   |                              | Fermé                 |
|                    | Gym Douce<br>18:15 – 19:00                        | Circuit Training<br>18:15 – 19:00 | Body Barre<br>18:15 – 19:00       | HIIT<br>18:15 – 19:00        |                       |
|                    | Coaching sur machines<br>19:00 – 20:00            |                                   |                                   |                              |                       |
|                    |                                                   |                                   |                                   |                              |                       |

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|--|-------------------------|
|  | Renforcement musculaire |
|  | Cours dynamiques        |
|  | Gym douce               |
|  | Circuits Trainings      |
|  | Les Mills               |
|  | Bilan CP/ Coaching      |

## Contacts

<https://axeseine.thecorporategym.fr/>

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