



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
07:30	Inscription et Bilan de condition physique 07:30 – 08:00				
09:30	HIIT 08:00 – 08:30	100% abdos 08:00 – 08:30	Gym Douce 08:00 – 08:30	Free cardio 08:00 – 08:30	Full Body 08:00 – 08:30
11:30	Inscription et Bilan de condition physique 11:30 – 12:00				
14:30	Cycling 12:15 – 13:00	CAF 12:15 – 13:00	Pilates 12:15 – 13:00	Free cardio 12:15 – 13:00	Body barre 12:15 – 13:00
	Full Body 13:00 – 13:45	Zumba 13:00 – 13:45	HIIT 13:00 – 13:30	Stretching 13:00 – 13:30	Cycling 13:00 – 13:30
17:00	Inscription et Bilan de condition physique 17:00 – 17:30				Inscription et Bilan de condition physique 16:30 – 17:00
20:00	CAF 17:30 – 18:15	Free cardio 17:30 – 18:15	Cycling 17:30 – 18:15	Pilates 17:30 – 18:15	HIIT 17:00 – 17:30
16:30 19:30 vendredi	Cycling 18:15 – 19:00	Upper body 18:15 – 18:45	100% abdos 18:15 – 18:45	Full Body 18:15 – 19:00	Stretching 17:30 – 18:00



Intensité supérieure



Intensité modérée



Contacts

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