

KANTAR

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
11:30	HIIT 12:15 – 13:00	Zumba 12:15 – 13:00	Body Barre 12:15 – 13:00	Cardio Boxe 12:15 – 13:00	Circuit Training 12:15 – 13:00
14:15	Gym Douce 13:00 – 13:45	Body Barre 13:00 – 13:45	Cardio Boxe 13:00 – 13:45	Abdos-Fessiers 13:00 – 13:30	HIIT 13:00 – 13:45
Mardi et jeudi 16:00 19:30	Body Barre 17:15 – 18:00	Cardio Boxe 17:15 – 18:00	Circuit Training 17:15 – 18:00	HIIT 17:15 – 18:00	Stretching 16:15 – 17:00
Lundi et mercredi 17:00 19:30	Circuit Training 18:15 – 19:00	Gym Douce 18:15 – 19:00	Body Sculpt 18:15 – 19:00	Circuit Training 18:15 – 19:00	Body Sculpt 17:15 – 17:45
Vendredi 16:00 18:00					

Contacts

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Intensité supérieure



Intensité modérée


