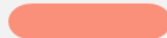


	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
11:30 14:00	Inscription et bilan de condition physique 11:30 – 12:00				
	Body Sculpt 12:15 – 13:00	CAF 12:15 – 13:00	Body Pump 12:15 – 13:00	Self Défense 12:15 – 13:00	CAF 12:15 – 13:00
	Abdos Power 13:00 – 13:30	Pilates 13:00 – 13:30	Stretching 13:00 – 13:30	Spécial Buste 13:00 – 13:30	Stretching 13:00 – 13:30
16:30 20:00	Bilan de condition physique et coaching 16:30 – 17:30				
	Body Pump 18:15 – 19:00	CAF 18:15 – 19:00	Team Training 18:15 – 19:00	Abdos Fessiers 18:15 – 18:45	CAF 17:15 – 18:00
	Coaching Individuel				



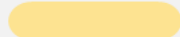
Intensité supérieure





Intensité modérée



Contacts

<http://center.tcgwellbeing.com/eurosquare/>
 gymeurosquare@thecorporategym.com
 01 40 12 00 05