

EUROSQUARE

The
Corporate
Gym

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
11:30 14:00	Inscription et bilan de condition physique 11:30 – 12:00				
	HIIT 12:15 – 13:00	Yoga 12:15 – 13:15	Body Pump 12:15 – 13:00	Self Défense 12:15 – 13:00	Cuisses Abdos Fessiers 12:15 – 13:00
	Mobility 13:00 – 13:30	Flash Abdos 13:15 – 13:30	Stretching 13:00 – 13:30	Pilates 13:00 – 13:30	Small Group 13:00 – 13:30
16:30 20:00	Bilan de condition physique et coaching 16:30 – 17:30				
	Body Pump 18:15 – 19:00	Circuit Training 18:15 – 19:00	Cuisses Abdos Fessiers 18:15 – 19:00	HIIT 18:15 – 19:00	WOD 17:15 – 18:00
	Coaching Individuel				



Intensité supérieure



Intensité modérée



Contacts

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