

CITYLIGHTS

TheCorporateGym
& Wellbeing

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
07:00 09:30	Spécial dos 07:45 – 08:30	Stretching 07:45 – 08:30	CAF 07:45 – 08:30	Pilates 07:45 – 08:30	Body barre 07:45 – 08:30
11:30 14:30	Gym douce 12:15 – 13:00	Body barre 12:00 – 12:45	Spécial dos 12:15 – 13:00	Body barre 12:15 – 13:00	CAF 12:15 – 13:00
	CAF 13:15 – 13:45	Body Zen 13:00 – 13:45	Relaxation 13:00 – 13:45	AF 13:15 – 13:45	Hatha yoga 12h-13h/13h15-14h
	Coaching	Coaching	Abdos Flash 13:15 – 13:30	Coaching	Abdos Power 13:15 – 13:45
16:30	Body Zen 17:45 – 18:15	CAF 17:45 – 18:15	Abdos Power 17:45 – 18:15	Body barre 17:45 – 18:30	Gym douce 17:30 – 18:15
20:00	Body barre 18:30 – 19:30	Gym douce 18:30 – 19:15	Stretching 18:30 – 19:00	Body Zen 18:45 – 19:30	Coaching

 Renforcement musculaire
 Gym douce

Contacts

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