

CITYLIGHTS

TheCorporateGym
& Wellbeing

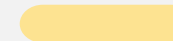
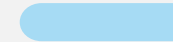
	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
07:00 09:30	Crosstraining ZF 08:00 – 08:30	Body Sculpt S1 07:45 – 08:30	Body Pump S1 07:45 – 08:30	Pilates S1 07:45 – 08:30	Crosstraining ZF 07:45 – 08:30
11:30 14:30	HIIT S1 12:15 – 12:45	Body Pump S1 12:15 – 13:00	Body Sculpt S1 12:15 – 13:00	Crosstraining ZF 12:15 – 13:00	CAF S1 12:15 – 13:00
	Cycling S2 12:15 – 13:00	Body Zen S1 13:00 – 13:45	Body Zen S2 12:15 – 13:00	Hatha yoga S1 12:15-13:15	WOD ZF 12:15 – 13:00
	Stretching S1 13:00 – 13:30	Cycling S2 12:15 – 13:00	Abdos Flash S1 13:00 – 13:15	Abdos S2 13:00 – 13:15	Stretching S1 13:00 – 13:30
16:30 20:00	Body Zen S1 17:45 – 18:15	CAF S1 17:45 – 18:15	Cycling S2 17:45 – 18:30	Body Pump S1 17:45 – 18:30	Crosstraining S1 17:30 – 18:15
	Body Pump S1 18:15 – 19:15	Yoga S2 18:00 – 19:00	Stretching S1 18:30 – 19:00	Body Zen S1 18:30 – 19:00	
	Bilan forme	Crosstraining S1 18:30 – 19:15	Bilan forme	Bilan forme	Bilan forme



Intensité supérieure



Intensité modérée



Contacts

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