

# TheCorporateGym & Wellbeing

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
07:30 09:30	<b>Abdos-Fessiers</b> 08:00 – 08:45	<b>Circuit Training</b> 08:00 – 08:30	<b>Upper Body</b> 08:00 – 08:30	<b>Abdos Fessiers</b> 08:00 – 08:30	<b>Full Bofy</b> 08:00 – 08:45
11:30 14:30	<b>Circuit Training</b> 12:15 – 13:15	<b>Abdos Fessiers</b> 12:15 – 13:00  <b>Body Barre</b> 13:05 – 13:35	<b>Body Sculpt</b> 12:15 – 13:00  <b>Stretching</b> 13:05 – 13:35	<b>Free Cardio</b> 12:15 – 13:00  <b>CAF</b> 13:05 – 13:35	<b>CAF</b> 12:15 – 13:00  <b>Stretching</b> 13:05 – 13:35
	<b>Coaching sur machines</b> 13:35 – 14:30				
17:00 20:00	<b>Bilan de condition / Coaching</b> 17:00 – 17:15				
	<b>Body Sculpt</b> 17:15 – 18:00	<b>Boot Camp</b> 17:15 – 18:00	<b>CAF</b> 17:15 – 18:00	<b>Gym Balance</b> 17:15 – 18:00	<b>Body Sculpt</b> 17:15 – 18:00
	<b>Coaching individuel</b> 18:00 – 20:00				

 Cardio

 Renforcement

 Zen

## Contacts

<http://center.tcgwellbeing.com/lecorosa/>  
gymlecorosa@thecorporategym.com  
01 47 51 58 46