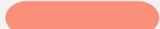


	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
11:45 14:00	Inscription et Bilan 11:45 – 12:15				
	Body Sculpt 12:15 – 13:00	Interval Training 12:15 – 13:00	Body Barre 12:15 – 13:00	Free Cardio 12:15 – 13:00	CAF 12:15 – 13:00
	Abdos Fessiers 13:00 – 13:30	Coaching 13:00 – 13:30	Circuit Training 13:00 – 13:30	Stretching 13:00 – 13:30	Interval Training 13:00 – 13:30
18:00 20:00	Fermé	Coaching 18:00 – 18:15	Fermé	Coaching 18:00 – 18:15	Fermé
		Circuit Training 18:15 – 19:00		Body Sculpt 18:15 – 19:00	
		Coaching 19:15 – 20:00		Coaching 19:15 – 20:00	

 Intensité supérieure


 Intensité modérée





Contacts

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