

Forest



LUNDI MARDI MERCREDI JEUDI VENDREDI

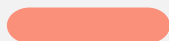
7:30	Inscription, Bilan & Coaching 07:30 – 08:00				
9:30	CAF 08:15 – 08:45	HIIT 08:15 – 08:45	Body Pump 08:00 – 08:45	Workout 08:15 – 08:45	Mobilité 08:15 – 08:45

11:30	Inscription, Bilan & Coaching 11:30 – 14:30				
14:30	Zumba 12:15 – 13:15	Body Combat 12:15 – 13:00	Body Sculpt 12:15 – 13:00	Cycling 12:15 – 13:00	HIIT 12:15 – 12:45
	Pilates 13:15 – 14:00	Abdos Fessiers 13:15 – 13:45	Yoga 13:00 – 14:00	CAF 13:15 – 13:45	Mobilité 12:45 – 13:15

16:00	Inscription, Bilan & Coaching 17:00 – 20:00				
20:00	Cycling 18:00 – 18:45	Body Pump 18:00 – 18:45	Body Combat 18:00 – 18:45	Zumba 18:00 – 18:45	Abdos Fessiers 18:00 – 18:30
	Mobilité 18:45 – 19:15	HIIT 18:45 – 19:15	Pilates 18:45 – 19:30	Body Sculpt 18:45 – 19:15	Cross Training 18:45 – 19:15



Intensité supérieure



Intensité modérée



MyCardio



MySilhouette



MyZen

Contacts

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