

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
11:30 14:30	Accueil, Informations et Conseils 11:30 – 12:15				
	Pilates 12:15 – 13:00	Circuit training 12:15 – 13:00	Body Sculpt 12:15 – 13:00	Circuit training 12:15 – 13:00	Yoga Vinyasa 12:15 – 13:15
	HIIT 13:00 – 13:30	Yin Yoga 13:00 – 13:45	Gym Balance 13:00 – 13:45	Stretching 13:00 – 13:30	Abdos-Fessiers 13:15 – 13:45
17:00 20:00	Accueil, Informations et Conseils 17:00 – 18:00				
	Body Barre 18:15 – 19:00	Free Cardio 18:15 – 19:00	Body Sculpt 18:15 – 19:00	CAF 18:15 – 19:00	Body Barre 18:15 – 19:00
	HIIT 19:15 – 19:45	Stretching 19:15 – 19:45	HIIT 19:15 – 19:45	Pilates 19:00 – 19:45	Free Cardio 19:00 – 19:45

- Renforcement musculaire
- Cours dynamiques
- Gym douce
- Circuits Trainings
- Les Mills
- Bilan CP/ Coaching

Contacts

<http://center.tcgwellbeing.com/horizondefense>
gymhorizondefense@thecorporategym.com
09 51 44 74 65