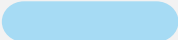


	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
	Accueil, Informations & Conseils 11:45 – 12:15 13:45 – 14:15				
11:45					
14:15	Body Sculpt 12:15 – 13:00	CAF 12:15 – 13:00	Body Barre 12:15 – 13:00	CAF 12:15 – 13:00	HIIT 12:15 – 12:45
	CAF 13:00 – 13:45	HIIT 13:00 – 13:30	Stretching 13:00 – 13:30	Free Cardio 13:00 – 13:30	Body Barre 13:00 – 13:45


 Intensité supérieure
 

Intensité modérée
 




Contacts

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