

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
07:00	Inscription et Bilan de condition physique 07:00 – 08:00				
09:30	Body Barre 08:00 – 08:45	Circuit Training 08:00 – 08:45	RPM 08:00 – 08:45	HIIT 08:00 – 08:45	CAF 08:00 – 08:45
11:30	Inscription et Bilan de condition physique 11:30 – 12:00 13:45 – 14h30				
14:30	CAF 12:00 – 12:45	Gym Balance 12:00 – 12:45	CAF 12:00 – 12:30	Body Barre 12:00 – 12:45	HIIT 12:00 – 12:30
	RPM 13:00 – 13:45	Body Combat 13:00 – 13:45	Yoga 12:35 – 13:35	Circuit Training 13:00 – 13:45	Stretching 12:30 – 13:00
16:30	Inscription et Bilan de condition physique 16:30 – 17:30 18:15 – 20h00				Inscription et Bilan de condition physique 16:30 – 17:30 18:15 – 19h30
20:00	HIIT 18:00 – 18:30	Yoga 18:00 – 19:00	HIIT 18:00 – 18:30	CAF 18:00 – 18:30	Circuit Training 18:00 – 18:45
16:30 19:30 Vendredi	Stretching 18:45 – 19:15	RPM intense 19:00 – 19:30	CAF 18:45 – 19:15	Body Combat 18:45 – 19:30	

Intensité supérieure

Intensité modérée

Contacts

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