



TheCorporateGym & Wellbeing

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
12:00	Cuisses Abdos Fessiers 12:10 – 12:55	Body Barre 12:10 – 12:55	Yoga 12:10 – 13:10	Upper Body 12:10 – 12:55	Gym Posturale 12:10 – 12:55
14:00	Stretching 13:00 – 13:45	100% Abs 13:00 – 13:30	Full Body 13:10 – 13:40	Cross training 13:00 – 13:45	Circuit Training 13:00 – 13:45
17:00	Body Barre 17:30 – 18:15	Circuit Training 17:30 – 18:15	Cuisses Abdos Fessiers 17:30 – 18:15	Free Cardio 17:30 – 18:15	Fermé
20:00	Circuit Training 18:30 – 19:15	Upper Body 18:30 – 19:15	Gym Douce 18:30 – 19:15	Stretching 18:30 – 19:15	

● Renfo
● Cardio
● Zen

 <https://seineway.thecorporategym.fr/>

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