

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI
11:30 - 14:30	Accueil, bilan & coaching 11:30-12:15 & 13:45-14:30				
	CAF 12:15-13:00	Free Cardio 12:15-13:00	Body Sculpt 12:15-13:00	Yoga 12:15-13:15	Cross Training 12:15-13:00
	Stretching 13:00-13:30	Pilates 13:00-13:45	Abdos Flash 13:15-13:30	Cross Training 13:15-13:45	Stretching 13:00-13:30
17:00 - 20:00	Accueil, bilan & coaching 17:00-18:15				
	Free Cardio 18:15-19:00	Cross Training 18:15-19:00	CAF 18:15-19:00	Core 18:15-19:00	Fermé
Abdos Flash 19:00-19:15	Stretching 19:00-19:30	Free Cardio 19:00-19:30	Coaching 19:00 - 19:45		

- Cardio
- Renforcement
- Zen

URBANFitness

**Contacts :**

urban.thecorporategym.fr  
<https://urbanfitness.thecorporategym.fr/>

01 84 76 00 22