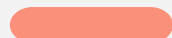


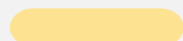
	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
	Accueil & Inscriptions 11:45 – 12:00				
11:45	Body Sculpt 12:00 – 12:45	HIIT 12:00 – 12:45	Body Barre 12:00 – 12:45	Cardio Boxe 12:00 – 12:45	Circuit Minceur 12:00 – 12:45
14:00	Free Cardio 12:45 – 13:30	Body Barre 12:45 – 13:30	CAF 12:45 – 13:30	Body Sculpt 12:45 – 13:30	CAF 12:45 – 13:30
	Suivi Personnalisé 13:30 – 14:00				



Intensité supérieure



Intensité modérée



Contacts

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