

KADENCE

TheCorporateGym
& Wellbeing

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
11:30	Circuit Training 12:15 – 13:00	Cycling 12:15 – 13:00	CAF 12:15 – 13:00	Body Barre 12:15 – 13:00	Gym douce 12:15 – 13:00
14:30	100%Abdos 13:00 – 13:30	Stretching 13:00 – 13:30	Coaching Bilans - Conseils 13:00-14:30	Stretching 13:00 – 13:30	Coaching Bilans - Conseils 13:00-14:30
17:00	Body Barre 17:30 – 18:00	Coaching – Bilans - Conseils 17:00 – 18:00 et 19:00 – 20:00			Circuit sur plateau (continu) 17:30-19h30
20:00	Yoga 18:00 – 19:00	CAF 18:00 – 18:45	Cycling 18:00 – 18:45	Gym douce 18:00 – 19:00	

- Renforcement musculaire
- Gym douce
- Circuit Training
- Cours spécifique
- Bilan CP/ Coaching

Contacts

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