

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	Cycling 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	Gym Douce 12:15-13:00
17:00	Cycling 18:00 – 18:45	Coaching – Bilans - Conseils 17:00 – 18:00 et 19:00 – 20:00			Circuit sur plateau (continu) 17:30-19:30
20:00	Yoga 18:00 – 19:00	CAF 18:00 – 18:45	Pilates 18:00 – 18:45	Body Barre 18:00– 18:45	



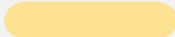
Intensité supérieure





Intensité modérée



Contacts

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