

TheCorporateGym & Wellbeing

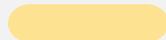
SHAKE E S P A C E | F O R M E



Intensité supérieure



Intensité modérée



Contacts

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

shake@thecorporategym.com

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI
07:30 - 09:30	Fermé	Inscription & bilan 07:30 – 08:15 / 08:45 – 09:30			
		Spécial dos 08:15 – 08:45	HIIT 08:15 – 08:45	CAF 08:15 – 08:45	Posture 08:15 – 08:45
11:30 - 14:30	Inscription & bilan 11:30 – 14:30				
	Body Barre 12:10 – 12:55	WOD 12:10 – 12:55	Circuit Training 12:10 – 12:55	Yoga 12:10 – 12:55	Body Barre 12:10 – 12:55
	HIIT 13:00 – 13:30	Pilates 13:00 – 13:30	CAF 13:00 – 13:30	HIIT 13:00 – 13:30	WOD 13:00 – 13:30
17:00 - 20:00	Inscription & bilan 17:00 – 17:45 / 19:15 – 20:00				Fermé
	CAF 17:10 – 17:55	Circuit Training 17:10 – 17:55	Body Barre 17:10 – 17:55	Full Body 17:10 – 17:55	
	Body Barre 18:00 – 18:45	100% Abdos 18:00 – 18:30	HIIT 18:00 – 18:30	WOD 18:00 – 18:30	