

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

11:45

14:00

Accueil

11:45 – 12:00

Body Sculpt

12:00 – 12:45

HIIT

12:00 – 12:45

Body Barre

12:00 – 12:45

Yoga

12:00 – 13:00

FERME

CAF

12:45 – 13:30

**Abdos
Fessiers**

12:45 – 13:30

Free Cardio

12:45 – 13:30

Pilates

13:00 – 14:00

Accueil

13:45 – 14:00



Intensité supérieure



Intensité modérée



17:30

19:45

Accueil

17:30 – 17:45

Body Barre

17:45 – 18:30

Free Cardio

18:45 – 19:30

Accueil

19:30 – 19:45

Accueil

17:30 – 17:45

HIIT

17:45 – 18:30

**Abdos
Fessiers**

18:45 – 19:30

Accueil

19:30 – 19:45

Contacts

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