

# SEPHORA



Type de cours

■ Cardio

■ Renforcement

■ Zen

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI
	Accueil 11:45 – 12:00				FERME
11:45	WOD 12:00 – 12:45	Body sculpt 12:00 – 12:45	Body Barre 12:00 – 12:45	Pilates 12:00 – 13:00	
14:00	CAF 12:45 – 13:30	Booty sculpt 12:45 – 13:30	Boxe & Rope 12:45 – 13:30	Yoga 13:00 – 14:00	
	Accueil 13:30 – 14:00				

	Accueil 17:30 -17:45	Accueil 17:30 -17:45
17:30	HIIT 17:45 – 18:30	WOD 17:45 – 18:30
19:45	Body Barre 18:45 – 19:30	CAF 18:45 – 19:30
	Accueil 19:30 --19:45	Accueil 19:30 --19:45

Contacts

<https://sephora-neuilly.thecorporategym.fr>

[gymsephora@thecorporategym.com](mailto:gymsephora@thecorporategym.com)

01 41 88 50 24