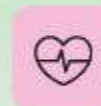




	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
7:30 - 9:30	Stretching 08:00 – 08:45	WOD 08:00 – 08:45	Combo (DOWN) 08:00 – 08:45	HIIT 08:00 – 08:45	FERMÉ
	Zone Biking- Cours de RPM & SPRINT virtuel 07:30 – 09:30				
11:30 - 14:30	Accueil & Inscription & Coaching 11:30 – 14:30				
	Free Cardio 12:15 – 13:00	Combo (DOWN) 12:00 – 12:30	Total Body 12:15 – 13:00	Free Cardio 12:15 – 13:00	Body Barre 12:15 – 13:00
	HIIT 13:00 – 13:30	Yoga 12:30 – 13:30	Core 13:00 – 13:30	Stretching 13:00 – 13:30	Tabata 13:00 – 13:30
	Zone Biking- Cours de RPM & SPRINT virtuel 11:45 – 14:15				
17:00 - 20:00	FERMÉ	Body Barre 18:00 – 18:45	Free Cardio 18:00 – 18:45	Circuit Training 18:00 – 18:45	FERMÉ
		HIIT 19:00 – 19:30	Stretching 19:00 – 19:30	Combo (DOWN) 19:00 – 19:30	
		Zone Biking- Cours de RPM & SPRINT virtuel 17:45 – 19:45			



Intensité forte



Intensité modérée



Intensité douce

Contacts

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by COVIVIO