

PLANNING FITNESS


























Magic Form

SAINT MAUR 2023

	CARDIO		DANSE
	RENFO		GYM DOUCE

*LES PARTICIPANTS DOIVENT ASSISTER À UN COURS UNIQUEMENT

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

 9:30 30' TAILLE ABDOS	  9:30 60' YOGI PILATES	 9:30 60' GYM DOUCE	 9:30 60' YOGA	 10:00 30' TAILLE ABDOS	  10:15 45' CROSS TRAINING	  10:15 60' YOGI PILATES
 10:00 30' FESSIERS CUISSSES	 10:30 30 ABDOS FESSIERS	 10:30 60' YOGA	 10:30 60' PILATES	 10:30 30' FESSIERS CUISSSES	 11:00 45' FAC	 11:15 30 TAILLE ABDOS
 10:30 30' BODY SCULPT	 12:15 45' FAC	 10:30 60' YOGA	  12:15 45' CROSS TRAINING	  12:15 30 BODY SLIDE	  11:45 45' BOXE	 11:45 30' FESSIERS CUISSSES
 12:15 60 MAGIC CARDIO	  13:00 15' BODY SLIDE	 10:30 60' YOGA	  17:45 45' CROSS TRAINING	  12:45 30' CROSS TRAINING	 18:00 30' BODYSCULPT	 18:00 45' YOGI PILATES
  18:00 60' YOGI PILATES	 18:00 45" BODY BARRE	 18:00 45' FAC	 18:30 45' ZUMBA*	 18:00 30' BODYSCULPT	 18:30 45' PILATES	 18:45 45' STEP NIVEAU 2
 19:00 30' STEP NIVEAU 1	 18:45 45' STEP NIVEAU 2	 18:45 60' YOGA	 19:15 45' ZUMBA*	 18:30 45' PILATES	 19:15 60" YOGA	  19:30 45" CROSS TRAINING
 19:30 45' STRONG BY ZUMBA	  19:30 45" CROSS TRAINING	  19:45 60" PILATES	 20:00 30' FAC	 19:15 60" YOGA	  20:15 30' STRETCHING	 20:15 45' ZUMBA
 20:15 45' ZUMBA	 20:15 30' STRETCHING	 20:30 30' SWISS BALL	 20:30 30' SWISS BALL	 19:15 60" YOGA	 20:30 30' SWISS BALL	 20:15 45' ZUMBA

HORAIRES

SEMAINE : 9H00 - 21H00

SAMEDI : 10H - 17H

DIMANCHE : 10H - 14H

