

PLANNING COURS COLLECTIFS

Magic Form
Vitry

A PARTIR DU 13 JANVIER 2020

MATIN

MIDI

SOIRÉE

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
MATIN	10h – 11h LES MILLS BODYBALANCE	10h – 10h45 GYM DOUCE	10h – 10h45 BODY SCULPT	10h00 – 10h45 LES MILLS BODYBALANCE	10h – 10h45 PILATES	9h15 – 9h45 STRETCHING	9h30 – 10h PILATES
	11h00 – 11h45 SWISS BALL	10h45 – 11h30 STRETCHING	10h45 – 11h30 STRETCHING	10h45 – 11h30 LES MILLS RPM	10h45 – 11h15 CAF	9h45 – 10h45 WARRIOR YOGA	10h – 11h LES MILLS RPM
MIDI	12h30 – 13h15 CAF	12h30 – 13h15 CIRCUIT TRAINING	12h30 – 13h15 LES MILLS RPM	12h30 – 13h15 BODY SCULPT	12h30 – 13h15 LES MILLS RPM	9h45 – 10h15 CROSS ABDOS	11h – 11h45 BODY SCULPT
	18h15 – 18h45 CROSS TRAINING	18h – 18h30 PILATES	18h – 18h30 STRETCHING	18h – 18h45 STEP	18h – 18h30 CAF	10h15 – 11h CROSS TRAINING	11h45 – 12h30 HIT FITNESS
SOIRÉE	18h15 – 19h15 WARRIOR YOGA	18h30 – 19h15 SWISS BALL	18h30 – 19h PILATES	18h45 – 19h30 LES MILLS RPM	18h30 – 19h00 BOOTCAMP	11h – 11h45 LES MILLS BODYPUMP	12h30 – 13h 100% ABDOS
	18h45 – 19h15 100% ABDOS (Zone Cross)	19h15 – 20h LES MILLS BODYCOMBAT	19h – 19h45 LES MILLS RPM	18h45 – 19h30 LES MILLS BODYBALANCE	19h00 – 19h45 STEP AFRO	11h45 – 12h30 LES MILLS RPM	
	19h15 – 20h15 LES MILLS BODYPUMP	20h – 20h30 LES MILLS RPM HARD	19h – 20h STRONG ZUMBA	19h30 – 20h00 100% ABDOS (Zone Cross)	19h45 – 20h15 GYM BODY	11h45 – 12h45 AFRO DANCE	
	19h30 – 20h15 CROSS TRAINING	20h – 21h ZUMBA vs AFRO	19h45 – 20h45 CROSS TRAINING	19h30 – 20h15 LES MILLS BODYPUMP			
	20h15 – 21h15 ZUMBA	20h30 – 21h15 CIRCUIT TRAINING	20h – 21h ZUMBA	20h – 20h45 CROSS TRAINING			
	20h15 – 21h LES MILLS RPM			20h15 – 21h LES MILLS BODYCOMBAT			



#resolution sport

Téléchargez notre application mobile
Magic Form France



Pour réserver votre place aux cours de :

- RPM
- Cross Training
- Swiss Ball

Tous les matins à partir de 8h

HORAIRES DU CLUB

SEMAINE 07h-22h

WEEKEND 09h-19h

01 43 91 22 22