

PLANNING FITNESS

Magic Form

CACHAN 2022 - 2023

■ CARDIO ■ DANSE
■ RENFO ■ ETIREMENT
■ RESPIRATION

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

■ 9:30 30' | TAILLE ABDOS
■ 10:00 30' | FESSIERS CUISSES
■ 10:30 30' | STETCHING
■ 12:15 60' | BODY BARRE
■ 18:00 45' | CROSS TRAINING
■ 18H45 30' | TAILLE ABDOS
■ 19:15 30' | FESSIERS CUISSES
■ 19:45 60' | ZUMBA
■ 19:45 45' | **NEW** CYCLING

■ 9:30 60' | BODY BARRE
■ 10:30 30' | ABDOS FESSIERS
■ 12:15 30' | TAILLE ABDOS
■ 12:45 30' | FESSIERS CUISSES
■ 17:30 60' | PILATES NIVEAU 2
■ 18:30 45' | FAC
■ 19:15 60' | STEP NIVEAU 2
■ 20:15 30' | MAGIC CARDIO

■ 9:30 60' | YIN YOGA
■ 10:30 60' | PILATES
■ 12:15 60' | YIN YOGA
■ 17:30 30' | ABDOS FESSIERS
■ 18:00 45' | BODY BARRE
■ 18:45 45' | LIA
■ 19:30 45' | FAC
■ 20:15 30' | STRETCHING

■ 9:30 60' | PILATES
■ 10:30 60' | YIN YOGA
■ 17:30 30' | FESSIERS CUISSES
■ 18:00 30' | TAILLE ABDOS
■ 18:30 45' | CROSS TRAINING
■ 19:15 45' | ZUMBA
■ 19:30 60' | **NEW** CYCLING
■ 20:00 60' | YOGA

■ 9H30 30' | BODY SCULPT
■ 10H00 30' | ABDOS FESSIERS
■ 10:30 30' | STRETCHING
■ 12:15 45' | CROSS TRAINING
■ 17:30 30' | ABDOS FESSIERS
■ 18:00 45' | CROSS TRAINING
■ 18:45 45' | FAC

■ 10:15 60' | YOGI **NEW** PILATES
■ 11:15 30' | TAILLE ABDOS
■ 11:45 30' | FESSIERS CUISSES
■ 12:15 60' | STRONG BY ZUMBA

■ 10:15 45' | **NEW** BODY JUMP
■ 11:00 45' | CROSS TRAINING
■ 11:45 30' | ABDOS FLASH

HORAIRES

LUNDI - MERCREDI-VENDREDI : 9H00 - 21H00
 MARDI - JEUDI : 9:00 - 22H00
 SAMEDI : 10H - 17H
 DIMANCHE : 10H - 14H



PLANNING SUSCEPTIBLE D'ÊTRE MODIFIE SANS PREAVIS