

PLANNING FITNESS

Magic Form

CACHAN 2022 - 2023

- CARDIO
- DANSE
- RENFO
- ETIREMENT
- RESPIRATION

LUNDI

MARDI

MERCREDI

JEUDI

VENREDI

SAMEDI

DIMANCHE

9:30 30' | TAILLE ABDOS

9:30 60' | BODY BARRE

9:30 60' | YIN YOGA

9:30 60' | PILATES

9H30 30' | BODY SCULPT

10:15 60' | YOGI ^{NEW} PILATES

10:15 45' | ^{NEW} BODY JUMP

10:00 30' | FESSIERS CUISSES

10:30 30' | ABDOS FESSIERS

10:30 60' | PILATES

10:30 60' | YIN YOGA

10H00 30' | ABDOS FESSIERS

11:15 30' | TAILLE ABDOS

11:00 45' | CROSS TRAINING

10:30 30' | STETCHING

12:15 30' | TAILLE ABDOS

12:15 60' | YIN YOGA

12:15 60' | CROSS TRAINING

10:30 30' | STRETCHING

11:45 30' | FESSIERS CUISSES

11:45 30' | STRETCHING

12:15 60' | BODY BARRE

12:45 30' | FESSIERS CUISSES

17:30 30' | ABDOS FESSIERS

17:30 30' | FESSIERS CUISSES

17:30 30' | ABDOS FESSIERS

12:15 60' | STRONG BY ZUMBA

18:00 45' | CROSS TRAINING

17:30 60' | PILATES NIVEAU 2

18:00 45' | BODY BARRE

18:00 30' | TAILLE ABDOS

18:00 45' | CROSS TRAINING

18H45 30' | TAILLE ABDOS

18:30 45' | FAC

18:45 45' | LIA

18:30 45' | CROSS TRAINING

18:45 45' | FAC

19:15 30' | FESSIERS CUISSES

19:15 60' | STEP NIVEAU 2

19:30 45' | FAC

19:15 45' | ZUMBA

19:45 60' | ZUMBA

19:45 60' | ZUMBA

20:15 30' | MAGIC CARDIO

20:15 30' | STRETCHING

19:30 60' | ^{NEW} CYCLING

19:45 45' | ^{NEW} CYCLING

19:45 45' | ^{NEW} CYCLING

20:00 60' | YOGA

HORAIRES

LUNDI - MERCREDI - VENDREDI : 9H00 - 21H00

MARDI - JEUDI : 9:00 - 22H00

SAMEDI : 10H - 17H

DIMANCHE : 10H - 14H



PLANNING SUSCEPTIBLE D'ÊTRE MODIFIE SANS PREAVIS