

PLANNING FITNESS

Magic Form

CACHAN 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' | CYCLING

9:30 45' | BODY
BARRE

10:15 45' | FAC

12:15 30' | TAILLE ABDOS

12:45 30' | FESSIERS CUISSES

17:30 45' | BODY
BARRE

18:15 45' | FAC

19:00 45' | CROSS
TRAINING

19:45 45' | BODY JUMP

9:30 60' | YIN
YOGA

10:30 60' | PILATES

12:15 60' | YIN
YOGA

17:30 30' | ABDOS
FESSIERS

18:00 45' | STEP
NIVEAU 1

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

19:15 45' | CYCLING

20:00 60' | YOGA

9H30 30' | BODY SCULPT

10H00 30' | ABDOS
FESSIERS

10:30 30' | STRETCHING

12:15 45' | CROSS
TRAINING

18:00 45' | CROSS
TRAINING

18:45 30' | TAILLE
ABDOS

19:15 30' | FESSIERS
CUISSES

19:45 60' | BOXE

10:15 60' | YOGI
PILATES

11:15 30' | TAILLE
ABDOS

11:45 30' | FESSIERS
CUISSES

12:15 60' | STRONG
BY ZUMBA

10:15 45' | BODY JUMP

11:00 45' | CROSS
TRAINING

11:45 30' | ABDOS
FESSIERS

HORAIRES

LUNDI - MERCREDI-VENDREDI : 9H00 - 21H00

MARDI - JEUDI : 9:00 - 22H00

SAMEDI : 10H - 17H

DIMANCHE : 10H - 14H



PLANNING SUSCEPTIBLE D'ETRE MODIFIE SANS PREAVIS