

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

9:30
45' | BODY
BARRE

10:15
45' | FAC

12:15
30' | TAILLE ABDOS

12:45
30' | FESSIERS CUISSES

9:30
60' | YIN
YOGA

10:30
60' | PILATES

12:15
60' | YIN
YOGA

9:30
60' | PILATES

10:30
60' | YIN
YOGA

9H30
30' | BODY SCULPT

10H00
30' | ABDOS
FESSIERS

10:30
30' | STRETCHING

12:15
45' | CROSS
TRAINING

10:15
60' | YOGI
PILATES

11:15
45' | FAC

12:00
45' | STRONG
BY ZUMBA

10:15
45' | BODY JUMP

11:00
45' | CROSS
TRAINING

11:45
30' | ABDOS
FESSIERS

18:00
45' | CROSS
TRAINING

18H45
30' | TAILLE
ABDOS

19:15
30' | FESSIERS
CUISSES

19:45
60' | ZUMBA

19:45
45' | CYCLING

17:30
45' | PILATES

18:15
45' | FAC

19:00
45' | CROSS
TRAINING

19:45
45' | BODY JUMP

17:30
30' | ABDOS
FESSIERS

18:00
45' | STEP
NIVEAU 1

18:45
45' | LIA

19:30
45' | FAC

20:15
30' | STRETCHING

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

18:00
45' | BODY
BARRE

18:45
30' | FAC

19:30
45' | CROSS
TRAINING

HORAIRES

LUNDI - MERCREDI-VENDREDI : 9H00 - 21H00

MARDI - JEUDI : 9:00 - 22H00

SAMEDI : 10H - 17H

DIMANCHE : 10H - 14H



PLANNING SUSCEPTIBLE D'ETRE MODIFIE SANS PREAVIS