

# PLANNING COURS COLLECTIFS

## Magic Form LES MUREAUX

#resolution sport

Téléchargez l'application Magic Form



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09h30 - 10h30 <b>PILATES</b>	09h30 - 10h15 <b>CIRCUIT FORME</b>		09h30 - 10h15 <b>CARDIO GYM</b>	09h30 - 10h15 <b>FULL BODY</b>	
10h30 - 11h15 <b>STRETCHING</b>	10h15 - 11h15 <b>BODY ZEN</b>		10h15 - 11h15 <b>YOGA FITNESS</b>	10h15 - 11h00 <b>STRETCHING</b>	
	11h15 - 12h15 <b>COACHING &amp; ANIMATION PLATEAU</b>			11h15 - 12h15 <b>COACHING &amp; ANIMATION PLATEAU</b>	
17h30 - 22h00 <b>COACHING &amp; ANIMATION PLATEAU</b>	17h30 - 22h00 <b>COACHING &amp; ANIMATION PLATEAU</b>	19h00 - 22h00 <b>COACHING &amp; ANIMATION PLATEAU</b>	19h00 - 22h00 <b>COACHING &amp; ANIMATION PLATEAU</b>	16h00 - 22h00 <b>COACHING &amp; ANIMATION PLATEAU</b>	14h30 - 17h30 <b>COACHING &amp; ANIMATION PLATEAU</b>
19h15 - 19h45 <b>BIKING</b>	19h30 - 20h30 <b>CROSS FIT</b>	19h00 - 19h45 <b>BIKING</b>	18h45 - 19h00 <b>ABDOS FLASH</b>	19h00 - 19h45 <b>CAF</b>	
19h45 - 20h45 <b>CARDIO BOXE</b>		19h45 - 20h45 <b>Djembel dance</b>	19h00 - 19h45 <b>FULL BODY</b>	19h00 - 19h45 <b>CAF</b>	
			19h45 - 20h45 <b>ZUMBA</b>	20h00 - 21h00 <b>CROSS FIT Muscu</b>	

- ● Renforcement
- Danse & Coordination
- Cardio
- Gym Douce
- Crossfit
- Coaching personnalisé (prendre RDV à l'accueil)



### MAGIC FORM LES MUREAUX

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