

PLANNING FITNESS

MagicForm

PARIS XIV 2022 -2023



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

09:30
45'
FAC

10:15
45'
STRETCHING

12:15
30'
TAILLE ABDOS

12:45
30'
FESSIERS CUISSSES

18:00
45'
BODY BARRE

18:45
45'
STEP NIVEAU 2

19:30
60'
ZUMBA

20:30
30'
PILATES

9H30
30'
BODY SCULPT

10H00
30'
TAILLE ABDOS

10:30
30'
FESSIERS CUISSSES

12:15
45'
CROSS TRAINING

18:00
30'
ABDOS FESSIERS

18:30
45'
CROSS TRAINING

19:15
45'
ZUMBA

20:00
60'
YOGA

09:30
60'
PILATES

10:30
60'
YOGA

12:15
60'
YOGI PILATES

18:00
45'
PILATES NIVEAU 1

18:45
30'
STEP INITIATION

19:15
45'
FAC

20:00
60'
BODY BARRE

09:30
60'
BODY BARRE

12:15
60'
BODY BARRE

18:00
45'
CROSS TRAINING

18:45
45'
BODY BARRE

19:30
30'
ABDOS FESSIERS

20:00
60'
BOXE

10:00
60'
GYM DOUCE

11:00
30'
STRETCHING

12:15
60'
YOGA

18:00
45'
FAC

18:45
45'
STEP NIVEAU 1

19:30
60'
YOGA

10:30
60'
WARRIOR YOGA

11:30
30'
FESSIERS CUISSSES

12:00
30'
TAILLE ABDOS

12:30
60'
BOXE

HORAIRES

SEMAINE : 8H00 - 22H00

SAMEDI : 10H - 17H

DIMANCHE : 10H - 14H



PLANNING SUSCEPTIBLE D'ÊTRE MODIFIE SANS PREAVIS

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