

PLANNING FITNESS

Magic Form

CACHAN 2023



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

9:30
30' | TAILLE ABDOS

10:00
30' | FESSIERS
CUISSSES

10:30
30' | STETCHING

12:15
60' | BODY
BARRE

18:00
45' | CROSS
TRAINING

18H45
30' | TAILLE
ABDOS

19:15
30' | FESSIERS
CUISSSES

19:45
60' | ZUMBA

19:45
45' | **NEW**
CYCLING

9:30
60' | BODY
BARRE

10:30
30' | ABDOS
FESSIERS

12:15
30' | TAILLE ABDOS
12:45
30' | FESSIERS CUISSSES

17:30
45' | BODY
BARRE

18:15
45' | FAC

19:00
45' | CROSS
TRAINING

19:45
45' | BODY JUMP

20:15
30' | **NEW**
CYCLING

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
CUISSSES

18:00
30' | TAILLE
ABDOS

18:30
45' | CROSS
TRAINING

19:15
45' | ZUMBA

19:30
60' | **NEW**
CYCLING

20:00
60' | YOGA

9H30
30' | BODY SCULPT

10H00
30' | ABDOS
FESSIERS

10:30
30' | STRETCHING

12:15
45' | CROSS
TRAINING

17:30
30' | ABDOS
FESSIERS

18:00
45' | CROSS
TRAINING

18:45
45' | FAC

10:15
60' | YOGI **NEW**
PILATES

11:15
30' | TAILLE
ABDOS

11:45
30' | FESSIERS
CUISSSES

12:15
60' | STRONG
BY ZUMBA

10:15
45' | **NEW**
BODY JUMP

11:00
45' | CROSS
TRAINING

11:45
30' | ABDOS FLASH

HORAIRES

LUNDI - MERCREDI-VENDREDI : 9H00 - 21H00

MARDI - JEUDI : 9:00 - 22H00

SAMEDI : 10H - 17H

DIMANCHE : 10H - 14H



PLANNING SUSCEPTIBLE D'ETRE MODIFIE SANS PREAVIS