

PLANNING FITNESS

MagicForm

PARIS XIV 2023



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

09:30 45'	FAC	9H30 30'	BODY SCULPT
10:15 45'	STRETCHING	10H00 30'	TAILLE ABDOS
12:15 30'	TAILLE ABDOS	10:30 30'	FESSIERS CUISSES
12:45 30'	FESSIERS CUISSES	12:15 45'	CROSS TRAINING
18:00 45'	BODY BARRE	18:00 30'	ABDOS FESSIERS
18:45 45'	STEP NIVEAU 1	18:30 45'	CROSS TRAINING
19:30 60'	ZUMBA	19:15 45'	ZUMBA
20:30 30'	STRETCHING	20:00 60'	YOGA

09:30 60'	PILATES	09:30 60'	PILATES
10:30 60'	YOGA	12:15 60'	YOGI ^{NEW} PILATES
18:00 45'	PILATES NIVEAU 1	18:45 45'	STRONG ^{NEW} BY ZUMBA
19:30 45'	FAC	20:15 45'	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'	YOGA WARRIOR	11:15 30'	TAILLE ABDOS
11:30 30'	FESSIERS CUISSES	12:30 60'	BOXE

HORAIRES
SEMAINE : 8H00 - 22H00
SAMEDI : 10H - 17H
DIMANCHE : 10H - 14H

PLANNING SUSCEPTIBLE D'ÊTRE MODIFIE SANS PREAVIS

12 RUE PIERRE LAROUSSE 75014 PARIS - TÉL : 01 45 40 98 36

