

PLANNING FITNESS

MagicForm

PARIS XIV 2023



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

09:30 45'	FAC
10:15 45'	STRETCHING
12:15 30'	TAILLE ABDOS
12:45 30'	FESSIERS CUISSES
18:00 30'	BODY SCULPT
18:30 30'	TAILLE ABDOS
19:00 30'	FESSIERS CUISSES
19:30 60'	ZUMBA
9H30 30'	BODY SCULPT
10H00 30'	TAILLE ABDOS
10:30 30'	FESSIERS CUISSES
12:15 45'	BODY BARRE
13:00 15'	STRETCHING
18:00 30'	ABDOS FESSIERS
18:30 45'	CROSS TRAINING
19:15 45'	ZUMBA
20:00 60'	YOGA

09:30 60'	YOGI PILATES
10:30 30'	TAILLE ABDOS
11:00 30'	FESSIERS CUISSES
12:15 60'	YOGI PILATES
18:00 45'	PILATES NIVEAU 1
18:45 45'	STRONG BY ZUMBA
19:30 45'	FAC
20:15 45'	BODY BARRE

09:30 45'	BODY BARRE
10:15 45'	FAC
12:15 60'	CROSS TRAINING
18:00 45'	CROSS TRAINING
18:45 45'	BODY BARRE
19:30 60'	ZUMBA

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
11:30 30'	FESSIERS CUISSES
11:15 30'	TAILLE ABDOS
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

