

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 CUISSSES

18:00
30'
BODY SCULPT

18:30
30'
TAILLE ABDOS

19:00
30'
FESSIERS CUISSSES

19:30
45'
STEP NIVEAU 1

20:15
30'
STRETCHING

9H30
30'
BODY SCULPT

10H00
30'
TAILLE ABDOS

10:30
30'
FESSIERS CUISSSES

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 CUISSSES

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'
PILATES

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

11:30
45'
FAC

12:15
45'
CROSS TRAINING

12:45
45'
BOXE

HORAIRES

SEMAINE : 8H00 - 22H00

SAMEDI : 10H - 17H

DIMANCHE : 10H - 14H

