

PLANNING FITNESS

Magic Form

SAINT MAUR 2022 - 2023



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

9:30 30' TAILLE ABDOS

10:00 30' FESSIERS CUISSSES

10:30 30' BODY SCULPT

12:15 60' MAGIC CARDIO

18:00 30' BODY JUMP

18:30 30' ABDOS FESSIERS

19:00 30' STEP NIVEAU 1

19:30 45" STRONG BY ZUMBA

20:15 45' ZUMBA

NEW 9:30 60' YOGI PILATES

10:30 30' ABDOS FESSIERS

12:15 30' TAILLE ABDOS

12:45 30' FESSIERS CUISSSES

18:00 45" BODY BARRE

18:45 45' STEP NIVEAU 2

19:30 45" CROSS TRAINING

20:15 30' STRETCHING

9:30 60' GYM DOUCE

10:30 60' YOGA

18:00 45' FAC

18:45 60' YOGA

19:45 60" PILATES

10:00 30' TAILLE ABDOS

10:30 30' FESSIERS CUISSSES

11:00 30' STETCHING

12:15 45' CROSS TRAINING

18:00 45" CROSS TRAINING

18:45 60' ZUMBA

19:45 45" FAC

20:30 30' SWISS BALL

9:30 45' FAC

10:15 60' PILATES

12:15 30' SWISS BALL

12:45 30' STETCHING

18:00 30' BODYSCULPT

18:30 45' PILATES

19:15 60" YOGA

20:15 30' HIIT

10:15 45" CROSS TRAINING

11:00 30' ABDOS FESSIERS

11:30 45' BOXE ANGLAISE

10:15 60' YOGI NEW PILATES

11:15 30' TAILLE ABDOS

11:45 30' FESSIERS CUISSSES

HORAIRES

SEMAINE : 9H00 - 21H00

SAMEDI : 10H - 17H

DIMANCHE : 10H - 14H