

PLANNING FITNESS

Magic Form

SAINT MAUR 2022 - 2023



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

9:30
30'

TAILLE
ABDOS

10:00
30'

FESSIERS
CUISSES

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

9:30
60'

YOGI
PILATES

10:30
30'

ABDOS
FESSIERS

12:15
30'

TAILLE
ABDOS

12:45
30'

FESSIERS
CUISSES

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
CUISSES

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'

BODYSULPT

18:30
45'

PILATES

19:15
60''

YOGA

10:15
45''

CROSS
TRAINING

11:00
30'

ABDOS
FESSIERS

11:30
45'

BOXE
ANGLAISE

10:15
60'

YOGI
PILATES

11:15
30'

TAILLE
ABDOS

11:45
30'

FESSIERS
CUISSES

HORAIRES

SEMAINE : 9H00 - 21H00

SAMEDI : 10H - 17H

DIMANCHE : 10H - 14H

PLANNING SUSCEPTIBLE D'ETRE MODIFIE SANS PREAVIS