

PLANNING FITNESS

Magic Form

SAINT MAUR 2023



*LES PARTICIPANTS DOIVENT ASSISTER À UN COURS UNIQUEMENT

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

9:30
30'
TAILLE
ABDOS

10:00
30'
FESSIERS
CUISSSES

10:30
30'
BODY
SCULPT

9:30
60'
YOGI
PILATES

10:30
30'
ABDOS
FESSIERS

9:30
60'
GYM
DOUCE

10:30
60'
YOGA

9:30
60'
YOGA

10:30
60'
PILATES

10:00
30'
TAILLE
ABDOS

10:30
30'
FESSIERS
CUISSSES

11:00
30'
STRETCHING

10:15
45'
CROSS
TRAINING

11:00
45'
FAC

10:15
60'
YOGI
PILATES

11:15
30'
TAILLE
ABDOS

12:15
60'
MAGIC
CARDIO

12:15
45'
FAC

13:00
15'
BODY
SLIDE

12:15
45'
CROSS
TRAINING

12:15
30'
BODY
SLIDE

12:45
30'
CROSS
TRAINING

11:45
45'
BOXE

11:45
30'
FESSIERS
CUISSSES

18:00
60'
YOGI
PILATES

18:00
45"
BODY
BARRE

18:00
45'
FAC

17:45
45'
CROSS
TRAINING

18:00
30'
BODYSCULPT

19:00
30'
STEP
NIVEAU 1

18:45
45'
STEP
NIVEAU 2

18:45
60'
YOGA

18:30
45'
ZUMBA*

19:00
45'
ZUMBA*

18:30
45'
PILATES

19:30
45'
STRONG BY
ZUMBA

19:30
45"
CROSS
TRAINING

19:45
60"
PILATES

20:00
30'
FAC

19:15
60"
YOGA

20:15
45'
ZUMBA

20:15
30'
STRETCHING

20:30
30'
SWISS BALL

HORAIRES

SEMAINE : 9H00 - 21H00

SAMEDI : 10H - 17H

DIMANCHE : 10H - 14H

