

# PLANNING FITNESS

## Magic Form

SAINT MAUR 2023



\*LES PARTICIPANTS DOIVENT ASSISTER À UN COURS UNIQUEMENT

### LUNDI      MARDI      MERCREDI      JEUDI      VENDREDI      SAMEDI      DIMANCHE

<p>9:30 30' TAILLE ABDOS</p> <p>10:00 30' FESSIERS CUISSSES</p> <p>10:30 30' BODY SCULPT</p> <p>12:15 60' MAGIC CARDIO</p> <p>18:00 60' YOGI PILATES</p> <p>19:00 30' STEP NIVEAU 1</p> <p>19:30 45' STRONG BY ZUMBA</p> <p>20:15 45' ZUMBA</p>	<p>9:30 60' YOGI PILATES</p> <p>10:30 30' ABDOS FESSIERS</p> <p>12:15 45' FAC</p> <p>13:00 15' BODY SLIDE</p> <p>18:00 45' BODY BARRE</p> <p>18:45 45' STEP NIVEAU 2</p> <p>19:30 45' CROSS TRAINING</p> <p>20:15 30' STRETCHING</p>	<p>9:30 60' GYM DOUCE</p> <p>10:30 60' YOGA</p> <p>18:00 45' FAC</p> <p>18:45 60' YOGA</p> <p>19:45 60' PILATES</p>	<p>9:30 60' YOGA</p> <p>10:30 60' PILATES</p> <p>12:15 45' CROSS TRAINING</p> <p>17:45 45' CROSS TRAINING</p> <p>18:30 45' ZUMBA*</p> <p>19:15 45' ZUMBA*</p> <p>20:00 30' FAC</p> <p>20:30 30' SWISS BALL</p>	<p>10:00 30' TAILLE ABDOS</p> <p>10:30 30' FESSIERS CUISSSES</p> <p>11:00 30' STRETCHING</p> <p>12:15 30' BODY SLIDE</p> <p>12:45 30' CROSS TRAINING</p> <p>18:00 30' BODYSCULPT</p> <p>18:30 45' PILATES</p> <p>19:15 60' YOGA</p>	<p>10:15 45' CROSS TRAINING</p> <p>11:00 45' FAC</p> <p>11:45 45' BOXE</p>	<p>10:15 60' YOGI PILATES</p> <p>11:15 30' TAILLE ABDOS</p> <p>11:45 30' FESSIERS CUISSSES</p>
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### HORAIRES

SEMAINE : 9H00 - 21H00

SAMEDI : 10H - 17H

DIMANCHE : 10H - 14H