

PLANNING FITNESS








































Magic Form

SAINT MAUR 2023

	CARDIO		DANSE
	RENFO		GYM DOUCE

*LES PARTICIPANTS DOIVENT ASSISTER À UN COURS UNIQUEMENT

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

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

HORAIRES

SEMAINE : 9H00 - 21H00

SAMEDI : 10H - 17H

DIMANCHE : 10H - 14H

