

# 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  
45'  
YOGI  
PILATES

11:00  
45'  
FAC

12:15  
60'  
MAGIC  
CARDIO

12:15  
45'  
FAC

13:00  
15'  
BODY  
SLIDE

12:15  
45'  
CROSS  
TRAINING

12:30  
30'  
BODY  
SLIDE

13:00  
30'  
CROSS  
TRAINING

11:45  
45'  
BOXE

11:45  
45'  
YOGI  
PILATES

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\*

19:15  
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