

PLANNING COURS COLLECTIFS

Magic Form
Choisy

A PARTIR DU 13 JANVIER 2020

MATIN

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10h – 10h45	BODY SCULPT			CIRCUIT TRAINING		LES MILLS BODYCOMBAT	YOGA
10h45 – 11h15	100% ABDOS	PILATES	BODY SCULPT	10h45 – 11h00 STRETCHING	SWISS BALL	ZUMBA	10h – 10h45 CROSS TRAINING
11h15 – 12h	CIRCUIT TRAINING	STRETCHING	PILATES	11h00 – 11h30 LES MILLS RPM	10h45 – 11h30 TABATA TRAINING	11h15 – 11h45 CAF	10h45 – 11h15 TRAMPOLINE

MIDI

12h30 – 13h15	LES MILLS RPM	12h15 – 12h45 CIRCUIT TRAINING	12h30 – 13h15 LES MILLS RPM	12h30 – 13h15 CIRCUIT TRAINING	12h30 – 13h15 BODY SCULPT	11h45 – 12h30 KUDURO Fit'	11h15 – 12h LES MILLS BODYPUMP
		12h45 – 13h15 LES MILLS BODYBALANCE			13h15 – 13h30 100% ABDOS		12h – 12h45 LES MILLS RPM

SOIRÉE

17h30 – 18h	100% ABDOS	17h45 – 18h 100% ABDOS	18h – 18h30 CAF	18h15 – 19h LES MILLS BODYPUMP	18h30 – 19h30 CROSS TRAINING		
18h – 19h	STEP Intermédiaire	18h – 19h LES MILLS BODYPUMP	18h30 – 19h00 LES MILLS RPM	19h00 – 19h45 DANSE ORIENTALE	19h30 – 20h15 BODY SCULPT		
18h15 – 19h00	CROSS TRAINING	19h – 19h30 TRAMPOLINE	18h45 – 19h45 YOGA	19h – 19h45 LES MILLS RPM	20h15 – 20h30 100% ABDOS		
19h – 20h	LES MILLS BODYBALANCE	19h30 – 20h15 STRONG ZUMBA	19h00 – 19h45 CROSS TRAINING	19h45 – 20h30 LES MILLS BODYCOMBAT	20h30 – 21h15 LES MILLS RPM		
19h – 20h	LES MILLS RPM	19h30 – 20h30 LES MILLS RPM	19h45 – 20h15 HIT FITNESS	20h30 – 21h15 CROSS TRAINING			
20h – 21h	LES MILLS BODYCOMBAT	ZUMBA	20h15 – 21h15 MASH UP DANCE				
21h – 21h30	LES MILLS RPM HARD						



#resolution sport

Téléchargez notre application mobile
Magic Form France



Pour réserver votre place aux cours de :

- RPM
- Cross Training
- Swiss Ball
- Trampoline

Tous les matins à partir de 8h

HORAIRES DU CLUB

SEMAINE 07h-22h

WEEKEND 09h-19h

01 48 84 10 10