

# PLANNING FITNESS

## MagicForm

PARIS XIV 2022 -2023



### LUNDI

### MARDI

### MERCREDI

### JEUDI

### VENDREDI

### SAMEDI

09:30  
45'  
FAC

10:15  
45'  
STRETCHING

12:15  
30'  
TAILLE ABDOS

12:45  
30'  
FESSIERS CUISSES

18:00  
45'  
BODY BARRE

18:45  
45'  
STEP NIVEAU 2

19:30  
60'  
ZUMBA

20:30  
30'  
PILATES

9H30  
30'  
BODY SCULPT

10H00  
30'  
TAILLE ABDOS

10:30  
30'  
FESSIERS CUISSES

12:15  
45'  
CROSS TRAINING

18:00  
30'  
ABDOS FESSIERS

18:30  
45'  
CROSS TRAINING

19:15  
45'  
ZUMBA

20:00  
60'  
YOGA

09:30  
60'  
PILATES

10:30  
60'  
YOGA

12:15  
60'  
YOGI PILATES

18:00  
45'  
PILATES NIVEAU 1

18:45  
30'  
STEP INITIATION

19:15  
45'  
FAC

20:00  
60'  
BODY BARRE

09:30  
60'  
BODY BARRE

12:15  
60'  
BODY BARRE

18:00  
45'  
CROSS TRAINING

18:45  
45'  
BODY BARRE

19:30  
30'  
ABDOS FESSIERS

20:00  
60'  
BOXE

10:00  
60'  
GYM DOUCE

11:00  
30'  
STRETCHING

12:15  
60'  
YOGA

18:00  
45'  
FAC

18:45  
45'  
STEP NIVEAU 1

19:30  
60'  
YOGA

10:30  
60'  
YOGA

11:30  
30'  
FESSIERS CUISSES

12:00  
30'  
TAILLE ABDOS

12:30  
60'  
BOXE

### HORAIRES

SEMAINE : 8H00 - 22H00

SAMEDI : 10H - 17H

DIMANCHE : 10H - 14H

PLANNING SUSCEPTIBLE D'ÊTRE MODIFIE SANS PREAVIS

12 RUE PIERRE LAROUSSE 75014 PARIS - TÉL : 01 45 40 98 36

