

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

HORAIRES

SEMAINE : 9H00 - 21H00

SAMEDI : 10H - 17H

DIMANCHE : 10H - 14H

