

PLANNING FITNESS

Magic Form

CACHAN 2023

■ CARDIO
 ■ DANSE
 ■ RENFO
 ■ ETIREMENT
 ■ RESPIRATION

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

9:30
30' | TAILLE ABDOS

9:30
60 | BODY BARRE

9:30
60 | YIN YOGA

9:30
60 | PILATES

9H30
30' | BODY SCULPT

10:15
60' | YOGI ^{NEW}
PILATES

10:15
45' | ^{NEW}
BODY JUMP

10:00
30' | FESSIERS
CUISSES

10:30
30 | ABDOS
FESSIERS

10:30
60' | PILATES

10:30
60' | YIN
YOGA

10H00
30' | ABDOS
FESSIERS

11:15
30' | TAILLE
ABDOS

11:00
45' | ^{NEW}
CROSS
TRAINING

10:30
30' | STETCHING

12:15
30' | TAILLE ABDOS
12:45
30' | FESSIERS CUISSES

12:15
60' | YIN
YOGA

12:15
60' | FESSIERS
CUISSES

10:30
30' | STRETCHING

12:15
45' | ^{NEW}
CROSS
TRAINING

11:45
30' | FESSIERS
CUISSES

11:45
30' | ^{NEW}
ABDOS FLASH

18:00
45' | ^{NEW}
CROSS
TRAINING

17:30
45 | BODY
BARRE

17:30
30' | ABDOS
FESSIERS

17:30
30' | FESSIERS
CUISSES

17:30
30' | ABDOS
FESSIERS

12:15
60' | ^{NEW}
STRONG
BY ZUMBA

18H45
30' | TAILLE
ABDOS

18:15
45' | FAC

18:00
45' | BODY
BARRE

18:00
30' | TAILLE
ABDOS

18:00
45' | ^{NEW}
CROSS
TRAINING

19:15
30' | FESSIERS
CUISSES

19:00
45 | ^{NEW}
CROSS
TRAINING

18:45
45' | LIA

18:30
45" | ^{NEW}
CROSS
TRAINING

18:45
45" | FAC

19:45
60' | ZUMBA

19:45
45' | ^{NEW}
BODY JUMP

19:30
45' | FAC

19:15
45' | ZUMBA

19:45
45 | ^{NEW}
CYCLING

20:15
30' | ^{NEW}
STRETCHING

20:15
30' | ^{NEW}
STRETCHING

19:30
60' | ^{NEW}
CYCLING

20:00
60' | YOGA

HORAIRES

LUNDI - MERCREDI - VENDREDI : 9H00 - 21H00

MARDI - JEUDI : 9:00 - 22H00

SAMEDI : 10H - 17H

DIMANCHE : 10H - 14H



PLANNING SUSCEPTIBLE D'ETRE MODIFIE SANS PREAVIS