

PLANNING COURS COLLECTIFS

MagicForm
Choisy

A PARTIR DU 1 SEPTEMBRE 2022

MATIN

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10h – 10h45 BODY SCULPT	10h – 10h45 LES MILLS BODYPUMP	10h – 10h30 ABDOS FESSIERS	10h – 10h45 CAF	10h – 10h45 PILATES	9h30 – 10h15 LES MILLS BODYCOMBAT	10h45 – 11h30 CROSS TRAINING
10h45 – 11h 100% ABDOS	10h45 – 11h30 PILATES	10h30 – 11h15 CIRCUIT TRAINING	10h45 – 11h30 PILATES	10h45 – 11h30 CAF	10h15 – 11h15 ZUMBA	11h30 – 12h15 LES MILLS BODYPUMP
11h – 11h45 STRETCHING		11h15 – 11h45 STRETCHING	11h30 – 11h45 100% ABDOS		11h15 – 11h45 CAF	12h15 – 13h LES MILLS RPM

MIDI

12h30 – 13h15 LES MILLS RPM	12h30 – 13h30 CIRCUIT TRAINING	12h30 – 13h15 LES MILLS BODYPUMP	12h30 – 13h15 LES MILLS RPM	12h30 – 13h15 CIRCUIT TRAINING	11h45 – 12h30 LES MILLS BODYPUMP
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SOIRÉE

18h – 18h45 BODY ZEN	18h15 – 18h45 PILATES	18h30 – 19h30 YOGA	18h30 – 19h CAF	18h – 19h00 YOGA
18h45 – 19h30 LES MILLS BODYPUMP	18h45 – 19h45 LES MILLS BODYPUMP	19h30 – 20h15 LES MILLS BODYCOMBAT	19h – 19h45 BODY SCULPT	19h – 19h45 CROSS TRAINING
19h30 – 20h15 LES MILLS BODYCOMBAT	19h45 – 20h30 STRONG NATION	20h15 – 21h00 ZUMBA STEP	19h45 – 20h45 STEP AFRO	19h45 – 20h30 LES MILLS RPM
20h15 – 21h15 STEP Intermédiaire	19h45 – 20h30 LES MILLS RPM		20h45 – 21h00 100% ABDOS	
	20h30 – 21h30 ZUMBA			

HORAIRE DU CLUB :

SEMAINE	07h - 22h
WEEKEND	09h - 19h

01 48 84 10 10

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Les cours LesMills, Yoga,
Zumba sont en option et sur
réservation.

Téléchargez vite notre
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MAGIC FORM FRANCE

