

PLANNING COURS COLLECTIFS

Magic Form
Créteil

A PARTIR DU 31 AOÛT 2020

HORAIRES :

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

01 48 98 04 04

magicformcreteil@gmail.com

Tous les cours collectifs sont
sur réservation dès 08h

Téléchargez notre
application mobile :

MAGIC FORM FRANCE



#resolutionssport

MATIN

MIDI

SOIRÉE

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10h – 10h45	LES MILLS RPM	PILATES	ZUMBA	BRAS / DOS	HATHA YOGA	SWISS BALL	PILATES
10h45 – 11h15	BODY SCULPT	HATHA YOGA	SWISS BALL	10h15 – 11h ZUMBA 30 PARTY	10h30 – 11h30 STEP	9h45 – 10h45 YOGA VINYASA	10h45 – 11h45 STEP ZUMBA
11h15 – 11h45	PILATES	10h45 – 11h30 CIRCUIT TRAINING	10h45 – 11h45 LES MILLS BODYBALANCE	11h – 11h45 LES MILLS BODYCOMBAT	11h30 – 12h15 BODY SCULPT	10h45 – 11h30 BOOTCAMP	11h45 – 12h30 LES MILLS BODYPUMP
11h45 – 12h15	STRETCHING	11h30 – 12h CAF		11h45 – 12h15 LES MILLS BODYPUMP	12h15 – 12h30 100% ABDOS	11h30 – 12h15 ZUMBA	12h30 – 13h15 LES MILLS RPM
		12h – 12h15 STRETCHING				12h15 – 13h MASH IT UP DANCE	
12h30 – 13h15	CIRCUIT TRAINING	12h30 – 13h15 LES MILLS RPM	12h30 – 13h30 STRONG NATION	12h30 – 13h15 CAF	12h30 – 13h15 LES MILLS RPM		
17h30 – 18h	BODY SCULPT	17h30 – 18h SWISS BALL	17h30 – 18h CAF	17h30 – 18h CAF	18h – 18h45 STEP Débutant	14h45 – 15h30 HIT FITNESS	16h30 – 17h15 CROSS TRAINING
18h – 18h45	HIT FITNESS	18h – 18h45 LES MILLS BODYPUMP	18h – 18h45 STEP AFRO	18h – 18h45 LES MILLS BODYPUMP	18h45 – 19h30 CROSS TRAINING	15h30 – 16h15 LES MILLS BODYPUMP	17h15 – 18h LES MILLS RPM
18h45 – 19h45	18h45 – 19h45 LES MILLS BODYPUMP	18h45 – 19h30 LES MILLS RPM	18h45 – 19h 100% ABDOS	18h45 – 19h30 CARDIO ATTACK	19h30 – 20h15 LES MILLS BODYCOMBAT	16h15 – 16h30 100% ABDOS	18h – 18h30 STRETCHING
19h45 – 20h45	ZUMBA	19h30 – 20h15 STEP	19h – 19h45 BODY SCULPT	19h30 – 20h15 STRONG NATION	20h15 – 21h LES MILLS RPM	16h30 – 17h LES MILLS RPM HARD	
19h45 – 20h45	LES MILLS RPM	20h15 – 21h15 HATHA YOGA	19h45 – 20h STRETCHING	20h15 – 21h15 ZUMBA		17h15 – 18h15 STEP Intermédiaire	
20h45 – 22h	KRAV MAGA		20h15 – 21h45 KRAV MAGA				

