

PLANNING COURS COLLECTIFS

MagicForm
Créteil

À PARTIR DU 1 SEPTEMBRE 2025

HORAIRES DU CLUB :

SEMAINE 07h - 22h

WEEK-END 09h - 19h

06 48 68 33 17

magicformcreteil@gmail.com

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

Téléchargez notre
application mobile

MAGIC FORM FRANCE



MATIN

MIDI

SOIRÉE

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09h45 – 10h45 YOGA	10h – 10h45 PILATES	10h30 – 11h15 SWISS BALL	09h15 – 10h15 YOGA	9h30 – 10h30 BODY ZEN	10h – 10h30 STRETCHING	09h30 – 10h15 PILATES
10h – 10h45 LES MILLS RPM	10h45 – 11h30 CUISSES ABDOS FESSIERS	11h15 – 12h BODY ZEN	10h15 – 11h KUDURO FIT	10h30 – 11h30 CROSS TRAINING	10h30 – 11h15 LES MILLS RPM MOUNTAIN	10h15 – 10h30 STRETCHING
10h45 – 11h15 BODY SCULPT	11h30 – 12h15 LES MILLS BODYPUMP		11h – 11h45 LES MILLS BODYCOMBAT	11h30 – 12h PILATES	10h30 – 11h30 ZUMBA	10h30 – 11h15 LES MILLS BODYCOMBAT
11h15 – 12h PILATES			11h45 – 12h30 LES MILLS BODYPUMP	11h30 – 12h15 LES MILLS BODYPUMP	11h30 – 12h15 LES MILLS BODYPUMP	11h15 – 12h15 LES MILLS BODYPUMP
12h – 12h30 STRETCHING						12h15 – 13h15 STEP intermédiaire
12h30 – 13h15 CIRCUIT TRAINING	12h30 – 13h15 HIT FITNESS	12h30 – 13h30 STRONG NATION	12h30 – 13h15 CUISSES ABDOS FESSIERS	12h30 – 13h15 LES MILLS RPM	12h15 – 13h PILATES	
18h – 18h30 HIT FITNESS	18h – 18h45 PILATES	18h15 – 19h15 STEP AFRO	18h – 18h45 SWISS BALL	18h – 18h45 PILATES	15h – 15h30 HIT FITNESS	
18h30 – 19h30 LES MILLS BODYPUMP	18h45 – 19h30 LES MILLS BODYPUMP	19h15 – 19h30 100% ABDOS	18h45 – 19h30 LES MILLS BODYPUMP	18h45 – 19h15 CUISSES ABDOS FESSIERS	15h30 – 16h15 CUISSES ABDOS FESSIERS	
19h30 – 20h30 ZUMBA	19h30 – 20h15 LES MILLS BODYCOMBAT	19h15 – 20h15 CROSS TRAINING	19h30 – 20h15 CARDIO ATTACK	19h15 – 20h CROSS TRAINING	16h15 – 17h15 CYCLING	
19h30 – 20h30 LES MILLS RPM	20h15 – 21h LES MILLS RPM	19h30 – 20h BODY SCULPT	20h15 – 20h30 100% ABDOS	19h15 – 20h15 YOGA		
19h45 – 20h30 CROSS TRAINING	20h15 – 21h15 YOGA	20h15 – 21h45 BOXE	20h30 – 21h30 ZUMBA			
20h30 – 21h45 BOXE						