








Magic Form

Planning

COURS COLLECTIFS

f i g #resolutionssport

#Bouger
#Kiffer
#Partager

| LUNDI | | MARDI | | MERCREDI | | JEUDI | | VENREDI | |
|--|---|--|---|--------------------------------------|--------|--|---|--------------------------------------|---|
| Salle de cours | Biking | Salle de cours | Biking | Salle de cours | Biking | Salle de cours | Biking | Salle de cours | Biking |
| 10 30 BODYSULPT. 11 30 | | 10 00 CAF 10 30 | | 10 30 PILATES 11 30 | | 10 00 BODYSULPT. 11 00 | | 10 30 CAF 11 30 | |
| | 12 00  12 45 | 10 30 YOGA 11 00 | | | | | | | 12 00  12 45 |
| 12 45 FLASH ABDOS 13 00 | | 12 30  ZUMBA 13 30 <small>fitness</small> | | 11 30 HIIT 12 30 | | 12 30  PILATES 13 30 | | 12 45 FLASH ABDOS 13 00 | |
| 18 30 WOD 19 15 | | 18 30 HIIT 19 00 | | 18 30 CAF 19 00 | | 18 30 FULL BODY 19 15 | | 18 30 CAF 19 30 | |
| 19 15 MAGIC PUMP 20 00 | | 19 00 BODYSULPT. 19 45 | | 19 00 MAGIC PUMP 19 45 | | 19 15 FIT BOXING 20 00 | | | |
| 20 30  Djembel 21 30 <small>dance</small> | | 20 00 CARDIO TRAINING 21 00 | 19 45  20 30 | 19 45 ABDOS FESS. 20 15 | | 20 00 KIZOMBA 21 30 | 20 00  20 45 | 19 30 MAGIC PUMP 20 30 | |






// 26 Rue Pasteur
// 95130 LE PLESSIS-BOUCHARD
// 01 84 71 00 10
// www.magic-form.fr

OUVERT 7J/7

Du Lundi au Vendredi : 9h00 - 22h00
Samedi, Dimanche et Jours Fériés :
9h00 - 18h00

SAS LPB Form RCS Pontoise 810843714 - Ne pas jeter sur la voie publique.

| SAMEDI | | DIMANCHE | |
|--|---|---------------------------------|--------|
| Salle de cours | Biking | Salle de cours | Biking |
| | 10 00  11 00 | 10 00 RÉVEIL 10 30 | |
| | | 10 30 STEP 11 15 | |
| 11 00  ZUMBA 12 00 <small>fitness</small> | | 11 15 CAF 12 00 | |
| 12 00  PILATES 13 00 | | | |
| 16 00 SALSA BACHATA 17 30 | | | |