

PLANNING FITNESS

MagicForm

PARIS XIV 2023



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

09:30 45' FAC	9H30 30' BODY SCULPT
10:15 45' STRETCHING	10H00 30' TAILLE ABDOS
12:15 30' TAILLE ABDOS	10:30 30' FESSIERS CUISSES
12:45 30' FESSIERS CUISSES	12:15 45' CROSS TRAINING
18:00 45' BODY BARRE	18:00 30' ABDOS FESSIERS
18:45 45' STEP NIVEAU 1	18:30 45' CROSS TRAINING
19:30 60' ZUMBA	19:15 45' ZUMBA
20:30 30' STRETCHING	20:00 60' YOGA

09:30 60' PILATES	09:30 60' PILATES
10:30 60' YOGA	10:30 60' YOGA
12:15 60' YOGI ^{NEW} PILATES	12:15 60' YOGI ^{NEW} PILATES
18:00 45' PILATES NIVEAU 1	18:00 45' PILATES NIVEAU 1
18:45 45' STRONG ^{NEW} BY ZUMBA	18:45 45' STRONG ^{NEW} BY ZUMBA
19:30 45' FAC	19:30 45' FAC
20:15 45' BODY BARRE	20:15 45' BODY BARRE

09:30 60' BODY BARRE	09:30 60' BODY BARRE
12:15 60' BODY BARRE	12:15 60' BODY BARRE
18:00 45' CROSS TRAINING	18:00 45' CROSS TRAINING
18:45 45' BODY BARRE	18:45 45' BODY BARRE
19:30 30' ABDOS FESSIERS	19:30 30' ABDOS FESSIERS
20:00 60' BOXE	20:00 60' BOXE

10:00 60' GYM DOUCE	10:00 60' GYM DOUCE
11:00 30' STRETCHING	11:00 30' STRETCHING
12:15 60' YOGA	12:15 60' YOGA
18:00 45' FAC	18:00 45' FAC
18:45 45' STEP NIVEAU 1	18:45 45' STEP NIVEAU 1
19:30 60' YOGA	19:30 60' YOGA

10:30 60' YOGA	10:30 60' YOGA
11:30 30' FESSIERS CUISSES	11:30 30' FESSIERS CUISSES
11:15 30' TAILLE ABDOS	11:15 30' TAILLE ABDOS
12:30 60' BOXE	12:30 60' BOXE

HORAIRES
SEMAINE : 8H00 - 22H00
SAMEDI : 10H - 17H
DIMANCHE : 10H - 14H

