

PLANNING FITNESS

Magic Form

PARIS 14 2026



LUNDI

09:30	FAC
10:15	STRETCHING

12:15	TAILLE ABDOS
12:45	FESSIERS CUISES

18:00	BODY SCULPT
18:30	TAILLE ABDOS
19:00	FESSIERS CUISES

19:30	STEP NIVEAU 1
20:15	STRETCHING

MARDI

10H00	TAILLE ABDOS
10H30	FESSIERS CUISES

12:15	BODY BARRE
13:00	STRETCHING

17:45	MOBILITY
18:15	CROSS TRAINING

19:00	ZUMBA
20:00	YOGA

MERCREDI

09:30	PILATES
10:30	TAILLE ABDOS

11:00	FESSIERS CUISES
12:15	PILATES

17:45	MOBILITY
18:15	CROSS TRAINING

19:00	STEP NIVEAU 2
19:15	YOGA

JEUDI

09:30	BODY BARRE
10:15	PILATES

11:00	GYM DOUCE
12:15	CROSS TRAINING

18:00	BODY BARRE
19:00	FAC

19:45	HIIT
20:15	YOGA VINYASA

VENDREDI

10:00	GYM DOUCE
11:00	GYM DOUCE

12:15	YOGA
13:00	FAC

18:00	FAC
18:45	PILATES

19:45	STRETCHING
20:15	YOGA VINYASA

SAMEDI

10:30	YOGA WARRIOR
11:30	FAC

12:15	CROSS TRAINING
13:00	CROSS TRAINING

18:00	CROSS TRAINING
18:45	STRETCHING

DIMANCHE

10:15	PILATES
11:00	CROSS TRAINING

11:45	STRETCHING
12:15	STRETCHING

HORAIRES

SEMAINE : 8H00 - 22H00

SAMEDI : 10H - 17H

DIMANCHE : 10H - 14H