

PLANNING FITNESS

Magic Form

SAINT MAUR 2022 - 2023



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

9:30
30'
TAILLE
ABDOS

10:00
30'
FESSIERS
CUISSSES

10:30
30'
BODY
SCULPT

12:15
60'
MAGIC
CARDIO

18:00
30'
BODY JUMP

18:30
30'
ABDOS
FESSIERS

19:00
30'
STEP
NIVEAU 1

19:30
45'
STRONG BY
ZUMBA

20:15
45'
ZUMBA

9:30
60'
YOGI
PILATES

10:30
30'
ABDOS
FESSIERS

12:15
30'
TAILLE
ABDOS

12:45
30'
FESSIERS
CUISSSES

18:00
45"
BODY BARRE

18:45
45'
STEP
NIVEAU 2

19:30
45"
CROSS
TRAINING

20:15
30'
STRETCHING

9:30
60'
GYM
DOUCE

10:30
60'
YOGA

18:00
45'
FAC

18:45
60'
YOGA

19:45
60"
PILATES

10:00
30'
TAILLE
ABDOS

10:30
30'
FESSIERS
CUISSSES

11:00
30'
STETCHING

12:15
45'
CROSS
TRAINING

18:00
45"
CROSS
TRAINING

18:45
60"
ZUMBA

19:45
45"
FAC

20:30
30'
SWISS BALL

9:30
45'
FAC

10:15
60'
PILATES

12:15
30'
SWISS
BALL

12:45
30'
STETCHING

18:00
30'
BODYSCULPT

18:30
45'
PILATES

19:15
60"
YOGA

10:15
45"
CROSS
TRAINING

11:00
30'
ABDOS
FESSIERS

11:30
45'
BOXE
ANGLAISE

10:15
60'
YOGI
PILATES

11:15
30'
TAILLE
ABDOS

11:45
30'
FESSIERS
CUISSSES

HORAIRES

SEMAINE : 9H00 - 21H00

SAMEDI : 10H - 17H

DIMANCHE : 10H - 14H