

# PLANNING FITNESS

## Magic Form

SAINT MAUR 2023



\*LES PARTICIPANTS DOIVENT ASSISTER À UN COURS UNIQUEMENT

### LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

<p><b>9:30</b> 30' TAILLE ABDOS</p> <p><b>10:00</b> 30' FESSIERS CUISSSES</p> <p><b>10:30</b> 30' BODY SCULPT</p> <p><b>12:15</b> 60' MAGIC CARDIO</p> <p><b>18:00</b> 60' YOGI PILATES</p> <p><b>19:00</b> 30' STEP NIVEAU 1</p> <p><b>19:30</b> 45' STRONG BY ZUMBA</p> <p><b>20:15</b> 45' ZUMBA</p>	<p><b>9:30</b> 60' YOGI PILATES</p> <p><b>10:30</b> 30' ABDOS FESSIERS</p> <p><b>12:15</b> 45' FAC</p> <p><b>13:00</b> 15' BODY SLIDE</p> <p><b>18:00</b> 45' BODY BARRE</p> <p><b>18:45</b> 45' STEP NIVEAU 2</p> <p><b>19:30</b> 45' CROSS TRAINING</p> <p><b>20:15</b> 30' STRETCHING</p>	<p><b>9:30</b> 60' GYM DOUCE</p> <p><b>10:30</b> 60' YOGA</p> <p><b>18:00</b> 45' FAC</p> <p><b>18:45</b> 60' YOGA</p> <p><b>19:45</b> 60' PILATES</p>	<p><b>9:30</b> 60' YOGA</p> <p><b>10:30</b> 60' PILATES</p> <p><b>12:15</b> 45' CROSS TRAINING</p> <p><b>17:45</b> 45' CROSS TRAINING</p> <p><b>18:30</b> 45' ZUMBA*</p> <p><b>19:15</b> 45' ZUMBA*</p> <p><b>20:00</b> 30' FAC</p> <p><b>20:30</b> 30' SWISS BALL</p>	<p><b>10:00</b> 30' TAILLE ABDOS</p> <p><b>10:30</b> 30' FESSIERS CUISSSES</p> <p><b>11:00</b> 30' STRETCHING</p> <p><b>12:30</b> 30' BODY SLIDE</p> <p><b>13:00</b> 30' CROSS TRAINING</p> <p><b>18:00</b> 30' BODYSCULPT</p> <p><b>18:30</b> 45' PILATES</p> <p><b>19:15</b> 60' YOGA</p>	<p><b>10:15</b> 45' CROSS TRAINING</p> <p><b>11:00</b> 45' FAC</p> <p><b>11:45</b> 45' BOXE</p>	<p><b>10:15</b> 60' YOGI PILATES</p> <p><b>11:15</b> 45' FAC</p> <p><b>12:00</b> 60' YOGI PILATES</p>
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## HORAIRES

SEMAINE : 9H00 - 21H00  
 SAMEDI : 10H - 17H  
 DIMANCHE : 10H - 14H