

# PLANNING COURS COLLECTIFS

MagicForm  
Vitry

À PARTIR DU 30 JANVIER 2023

## HORAIRES DU CLUB :

SEMAINE 07h - 22h  
WEEKEND 09h - 19h

01 43 91 22 22

magicformvitry@yahoo.com

RPM, CROSS-TRAINING  
sont sur réservation  
chaque matin dès 08h

Téléchargez vite notre  
application mobile

MAGIC FORM FRANCE



MATIN

MIDI

SOIRÉE

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
MATIN	10h - 11h BODY ZEN	10h - 10h45 STRETCHING	10h - 10h45 BODY SCULPT	10h - 11h YOGA	10h - 10h30 SWISSBALL	9h30 - 10h STRETCHING	10h - 10h45 PILATES
	11h - 11h45 BODY SCULPT	10h45 - 11h15 SPÉCIAL BUSTE	10h45 - 11h30 STRETCHING		10h30 - 11h PILATES	10h - 11h YOGA	10h45 - 11h30 BODY SCULPT
		11h15 - 11h45 100% ABDOS			11h - 11h45 BODY SCULPT	10h - 10h15 100% ABDOS	11h30 - 12h15 HIT FITNESS
MIDI	12h30 - 13h15 CAF	12h30 - 13h15 CROSS TRAINING	12h30 - 13h15 LES MILLS RPM		12h30 - 13h15 LES MILLS RPM	10h15 - 11h CROSS TRAINING	12h15 - 13h LES MILLS RPM
	18h - 18h45 LES MILLS BODYPUMP	18h - 18h45 PILATES	18h - 18h30 STRETCHING	18h - 18h45 CAF	18h - 18h45 CUISSSES FESSIERS	11h - 12h LES MILLS BODYPUMP	
	18h45 - 19h30 CROSS TRAINING	18h45 - 19h30 CARDIO ATTACK	18h30 - 19h PILATES	18h45 - 19h45 LES MILLS BODYPUMP	18h45 - 19h15 ABDOS TAILLE	12h - 12h45 LES MILLS RPM	
	19h30 - 20h15 LES MILLS RPM	19h30 - 20h30 LES MILLS RPM	19h - 19h45 LES MILLS BODYCOMBAT	19h45 - 20h30 CROSS TRAINING	19h15 - 20h15 STEP AFRO	12h - 13h ZUMBA	
SOIRÉE	19h30 - 20h30 STEP AFRO	19h30 - 20h30 YOGA	19h45 - 20h30 LES MILLS RPM	20h30 - 21h15 LES MILLS RPM			
		20h30 - 21h15 LES MILLS BODYCOMBAT	20h30 - 21h15 CROSS TRAINING				

#resolution sport

