

PLANNING COURS COLLECTIFS

MagicForm
Vitry

À PARTIR DU 1 SEPTEMBRE 2025

HORAIRES DU CLUB :

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

06 31 03 65 96

magicformvitry@yahoo.com

Les cours LesMills, Yoga,
Zumba sont en option et sur
réservation.

Téléchargez vite notre
application mobile

MAGIC FORM FRANCE



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
MATIN	10h – 11h BODY ZEN	10h – 10h45 STRETCHING	10h – 10h45 BODY SCULPT	10h30 – 11h30 YOGA	10h – 10h45 PILATES	9h30 – 10h STRETCHING	10h – 10h45 PILATES
	11h – 11h45 BODY SCULPT	10h45 – 11h15 FULL BODY	10h45 – 11h30 STRETCHING		10h45 – 11h30 BODY SCULPT	10h – 11h15 YOGA	10h45 – 11h30 BODY BARRE
		11h15 – 11h45 100% ABDOS			11h30 – 12h STRETCHING	10h – 10h15 100% ABDOS	11h30 – 12h30 CROSS TRAINING
MIDI	12h30 – 13h15 CAF	12h30 – 13h15 CROSS TRAINING	12h30 – 13h15 LES MILLS RPM		12h30 – 13h15 HIIT TRAINING	10h15 – 11h CROSS TRAINING	12h30 – 13h LES MILLS RPM
						11h – 12h LES MILLS BODYPUMP	
SOIRÉE	18h – 18h45 LES MILLS BODYPUMP	18h – 18h45 BODY SCULPT	18h – 18h30 STRETCHING	18h – 18h45 CAF	18h – 18h45 PILATES	12h – 12h45 LES MILLS RPM	
	18h45 – 19h30 CROSS TRAINING	18h45 – 19h30 TABATA	18h30 – 19h PILATES	18h45 – 19h45 LES MILLS BODYPUMP	18h45 – 19h30 CAF	12h – 13h ZUMBA	
	19h30 – 20h15 LES MILLS RPM	19h30 – 20h30 LES MILLS RPM	19h – 19h45 LES MILLS BODYCOMBAT	19h45 – 20h30 CROSS TRAINING	19h30 – 20h15 LES MILLS RPM		
	20h – 21h YOGA	19h30 – 20h30 ZUMBA	19h45 – 20h30 LES MILLS BODYPUMP	19h45 – 20h45 YOGA			
		20h30 – 21h15 PILATES	20h30 – 21h15 CROSS TRAINING	20h30 – 21h15 LES MILLS RPM			