

PLANNING COURS COLLECTIFS

Magic**Form**
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



MATIN

MIDI

SOIRÉE

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
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
					10h15 – 11h CROSS TRAINING	12h30 – 13h LES MILLS RPM
12h30 – 13h15 CAF	12h30 – 13h15 CROSS TRAINING	12h30 – 13h15 LES MILLS RPM		12h30 – 13h15 HIIT TRAINING	11h – 12h LES MILLS BODYPUMP	
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	12h15 – 13h15 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		
19h30 – 20h30 YOGA	19h30 – 20h30 ZUMBA	19h45 – 20h30 LES MILLS BODYPUMP	19h45 – 20h45 YOGA			
	20h30 – 21h15 PILATES	20h30 – 21h15 CROSS TRAINING	20h30 – 21h15 LES MILLS RPM			