

PLANNING COURS COLLECTIFS

MagicForm

Vitry

À PARTIR DU 1 SEPTEMBRE 2026

HORAIRES DU CLUB :

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

06 31 03 65 96

magicformvitry@gmail.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 PILATES MAT	10h – 10h45 BODY SCULPT	9h30 – 10h30 YOGA HATHA	10h – 10h30 PILATES MAT	9h30 – 10h STRETCHING	10h – 10h45 PILATES MAT
11h – 11h45 BODY SCULPT	10h45 – 11h15 FULL BODY	10h45 – 11h30 STRETCHING		10h30 – 11h15 BODY SCULPT	10h – 11h YOGA HATHA	10h45 – 11h15 Cuisses fessiers
	11h15 – 11h30 100% ABDOS			11h15 – 12h STRETCHING	10h – 10h15 100% ABDOS	11h15 – 12h BODY BARRE
	12h30 – 13h15 HYROX TRAINING	12h30 – 13h15 LES MILLS RPM			10h15 – 11h CROSS TRAINING	12h – 12h45 CROSS TRAINING
18h – 18h45 LES MILLS BODYPUMP	18h – 18h45 BODY SCULPT	18h – 18h30 STRETCHING	18h – 18h45 Cuisses abdos fessiers	18h – 18h30 Cuisses abdos fessiers	11h15 – 12h LES MILLS BODYPUMP	
18h45 – 19h30 CROSS TRAINING	18h45 – 19h30 LES MILLS RPM	18h30 – 19h PILATES MAT	18h45 – 19h45 LES MILLS BODYPUMP	18h30 – 19h15 CARDIO ATTACK	12h – 12h45 LES MILLS RPM	
19h30 – 20h15 LES MILLS RPM	19h30 – 20h30 ZUMBA	19h – 19h45 LES MILLS BODYCOMBAT	19h45 – 20h30 LES MILLS RPM	19h15 – 20h PILATES MAT	12h15 – 13h15 ZUMBA	
19h30 – 20h30 YOGA HATHA		19h45 – 20h30 LES MILLS BODYPUMP	19h45 – 20h45 YOGA HATHA			
		20h30 – 21h15 CROSS TRAINING	20h45 – 21h30 HYROX TRAINING			