

MagicForm MENNECY

LES MILLS

LUNDI

10:15
RPM €

11:00
CAF

11:45
PILATES

12:30
RENFO

Amine

Amine
18:30
ATTACK

19:15
PUMP

20:15
RPM €

MARDI

10:00
**REVEIL
MUSCULAIRE**

10:45
CROSS-TRAINING

11:30
STRETCHING

Dylan

Romy
18:30
STEP

19:15
RENFO

20:00
ZUMBA

MERCREDI

Kayss
18:00
BOOTY PUMP

19:00
K'HIIT BOXING

19:30
CORE TRAINING

JEUDI

11:00
RENFO

11:45
PILATES

12:30
COMBAT

Kaina

Amine
18:00
RPM XL €

19:00
CAF

19:45
BOOTCAMP

VENDREDI

10:15
STEP

11:00
BODYSCHULT

11:45
STRETCHING

William

SAMEDI

10:00
CAF

10:45
COMBAT

11:30
RPM €

Lucas

Romy
15:00
ZUMBA

16:00
ABDOS-FESSIERS

16:30
STRETCHING

DIMANCHE

10:00
RPM €

10:45
**CIRCUIT
TRAINING**

11:15
STRETCHING

William

€ Cours en options



LUNDI- MERCREDI:8H-23H JEUDI:8H-00H VENDREDI:8H-01H SAMEDI:9H-01H DIMANCHE:9H-21H



9-13 Rue Jean Cocteau
Mennecey
01 64 85 69 03 / 06 22 59 88 55