

PLANNING COURS COLLECTIFS

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

Magic**Form**
Vitry

À PARTIR DU 6 JUILLET 2026

HORAIRES DU CLUB :

SEMAINE 07h - 22h
WEEKEND 09h - 17h

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

