

PLANNING COURS COLLECTIFS

MagicForm
Vitry

À PARTIR DU 5 SEPTEMBRE 2022

HORAIRES DU CLUB :

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

01 43 91 22 22

magicformvitry@yahoo.com

RPM, CROSS-TRAINING
sont sur réservation
chaque matin dès 08h

Téléchargez vite notre
application mobile

MAGIC FORM FRANCE



MATIN

MIDI

SOIRÉE

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10h – 11h LES MILLS BODYBALANCE	10h – 10h45 STRETCHING	10h – 10h45 BODY SCULPT	10h – 11h YOGA	10h – 10h30 SWISSBALL	9h30 – 10h STRETCHING	10h – 10h45 PILATES
11h – 11h45 BODY SCULPT	10h45 – 11h15 SPÉCIAL BUSTE	10h45 – 11h30 STRETCHING	11h – 11h45 BODY ZEN	10h30 – 11h PILATES	10h – 11h YOGA	10h45 – 11h30 BODY SCULPT
	11h15 – 11h45 100% ABDOS		11h45 – 12h30 BODY SCULPT	11h – 11h45 BODY SCULPT	10h – 10h15 100% ABDOS	11h30 – 12h15 HIT FITNESS
12h30 – 13h15 CAF	12h30 – 13h15 CROSS TRAINING	12h30 – 13h15 LES MILLS RPM	12h30 – 13h15 LES MILLS BODYCOMBAT	12h30 – 13h15 LES MILLS RPM	10h15 – 11h CROSS TRAINING	12h15 – 13h LES MILLS RPM
18h00 – 18h45 CROSS TRAINING	18h – 18h45 YOGA	18h – 18h30 STRETCHING	18h – 18h45 CAF	18h – 18h45 CUISSSES FESSIERS	11h – 12h LES MILLS BODYPUMP	
18h45 – 19h30 LES MILLS BODYPUMP	18h45 – 19h30 CARDIO ATTACK	18h30 – 19h PILATES	18h45 – 19h45 LES MILLS BODYPUMP	18h45 – 19h15 ABDOS TAILLE	12h – 12h45 LES MILLS RPM	
19h30 – 20h15 LES MILLS RPM	19h30 – 20h AFRO FIT'	19h – 19h45 LES MILLS BODYCOMBAT	19h45 – 20h30 CROSS TRAINING	19h15 – 20h15 STEP AFRO	12h – 13h ZUMBA	
19h30 – 20h30 STEP AFRO	20h – 20h45 LES MILLS RPM	19h45 – 20h30 LES MILLS RPM	20h30 – 21h15 LES MILLS RPM			
		20h30 – 21h15 CROSS TRAINING				

#resolution sport