

PLANNING COURS COLLECTIFS

MagicForm
Vitry

À PARTIR DU 4 SEPTEMBRE 2023

HORAIRE 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
MATIN	10h - 11h BODY ZEN	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 FULL BODY	10h45 - 11h30 STRETCHING		10h30 - 11h PILATES	10h - 11h YOGA	10h45 - 11h15 ABDOS FESSIERS
		11h15 - 11h45 100% ABDOS			11h - 11h45 BODY SCULPT	10h - 10h15 100% ABDOS	11h15 - 12h15 ROPE TRAINING
MIDI	12h30 - 13h15 CAF	12h30 - 13h15 CROSS TRAINING	12h30 - 13h15 LES MILLS RPM		12h30 - 13h15 LES MILLS RPM	10h15 - 11h CROSS TRAINING	12h15 - 13h LES MILLS RPM
						11h - 12h LES MILLS BODYPUMP	
SOIRÉE	18h - 18h45 LES MILLS BODYPUMP	18h - 18h30 BODY ZEN	18h - 18h30 STRETCHING	18h - 18h45 CAF	18h - 18h45 STRETCHING	12h - 12h45 LES MILLS RPM	
	18h45 - 19h30 CROSS TRAINING	18h30 - 19h30 CARDIO ATTACK	18h30 - 19h PILATES	18h45 - 19h45 LES MILLS BODYPUMP	18h45 - 19h30 CAF	12h - 13h ZUMBA	
	19h30 - 20h15 LES MILLS RPM SPRINT	19h30 - 20h30 LES MILLS RPM	19h - 19h45 LES MILLS BODYCOMBAT	19h45 - 20h30 CROSS TRAINING	19h30 - 20h30 ROPE TRAINING		
	20h - 21h YOGA	20h30 - 21h15 CAF	19h45 - 20h30 LES MILLS RPM	20h30 - 21h15 LES MILLS RPM MOUNTAIN			
			20h30 - 21h15 CROSS TRAINING				

