

PLANNING FITNESS

MAGIC FORM SAINT-MAUR

2018



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

9:30
⌚ 30'

TAILLE
ABDOS

10:00
⌚ 60'

PILATES

12:15
⌚ 60'

ZUMBA

17:30
⌚ 45'

PILATES

18:15
⌚ 45'

MAGIC
CARDIO

19:00
⌚ 45'

CROSS
TRAINING

19:45
⌚ 60'

ZUMBA

9:30
⌚ 30'

ABDOS
FESSIERS

10:00
⌚ 60'

BODY
BARRE

11:00
⌚ 30'

STRETCHING

12:15
⌚ 30'

TAILLE
ABDOS

12:45
⌚ 30'

FESSIERS
CUISSSES

18:00
⌚ 30'

STEP

18:30
⌚ 45'

FIT
BOXING

19:15
⌚ 30'

BODY
SCULPT

19:45
⌚ 45'

FESSIERS
ABDOS
CUISSSES

9:30
⌚ 60'

BODY
BARRE

10:30
⌚ 60'

YOGA

17:30
⌚ 30'

TAILLE
ABDOS

18:00
⌚ 30'

FESSIERS
CUISSSES

18:30
⌚ 45'

BODY
BARRE

19:15
⌚ 60'

PILATES

20:15
⌚ 30'

ABDOS
FESSIERS

9:30
⌚ 45'

FESSIERS
ABDOS
CUISSSES

10:15
⌚ 15'

STRETCHING

10:30
⌚ 60'

PILATES

12:15
⌚ 45'

CROSS
TRAINING

17:45
⌚ 45'

CROSS
TRAINING

18:30
⌚ 60'

ZUMBA

19:30
⌚ 45'

FESSIERS
ABDOS
CUISSSES

20:15
⌚ 30'

SWISS
BALL

9:30
⌚ 45'

FESSIERS
ABDOS
CUISSSES

10:15
⌚ 45'

STEP
CARDIO

12:15
⌚ 60'

ZUMBA

17:30
⌚ 45'

FESSIERS
ABDOS
CUISSSES

18:15
⌚ 45'

CROSS
TRAINING

19:00
⌚ 45'

LIA

19:45
⌚ 60'

YOGA

10:15
⌚ 30'

TAILLE
ABDOS

10:45
⌚ 30'

FESSIERS
CUISSSES

11:15
⌚ 45'

FIT
BOXING

10:15
⌚ 45'

CROSS
TRAINING

11:00
⌚ 45'

FESSIERS
ABDOS
CUISSSES

11:45
⌚ 15'

STRETCHING

HORAIRES

SEMAINE: 9H - 21H

SAMEDI: 10H - 17H

DIMANCHE: 10H - 14H

MagicForm
CLUB DE SPORT

14 RUE INKERMANN 94100 SAINT-MAUR-DES-FOSSÉS
01 48 83 15 33
PLANNING SUSCEPTIBLE D'ÊTRE MODIFIÉ SANS PRÉAVIS