

PLANNING FITNESS

Magic Form

SAINT MAUR 2021



LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

<p>■ 9:30 TAILLE ABDOS 30'</p> <p>■ 10:00 FESSIERS CUISSES 30'</p> <p>■ 10:30 BODY SCULPT 30'</p> <p>■ 12:15 BODY BARRE 60'</p> <p>NEW ■ 18:00 BODY JUMP 45'</p> <p>■ 18:45 TAILLE ABDOS 30'</p> <p>■ 19:15 FESSIERS CUISSES 30'</p> <p>■ 19:45 ZUMBA 60'</p>	<p>■ 9:30 YOGA 60'</p> <p>■ 10:30 TAILLE ABDOS 30'</p> <p>■ 11:00 FESSIERS CUISSES 30'</p> <p>■ 12:15 TAILLE ABDOS 30'</p> <p>■ 12:45 FESSIERS CUISSES 30'</p> <p>■ 18:00 BODY BARRE 45'</p> <p>■ 18:45 STEP NIVEAU 1 45'</p> <p>■ 19:30 CROSS TRAINING 45'</p> <p>■ 20:15 ABDOS FESSIERS 30'</p>	<p>■ 9:30 BODY BARRE 60'</p> <p>■ 10:30 YOGA 60'</p> <p>■ 18:00 FAC 45'</p> <p>■ 18:45 YOGA 60'</p> <p>■ 19:45 PILATES 60'</p>	<p>■ 9:30 ABDOS FESSIERS 30'</p> <p>■ 10:00 PILATES 60'</p> <p>■ 11:00 STETCHING 30'</p> <p>■ 12:15 CROSS TRAINING 45'</p> <p>■ 18:00 CROSS TRAINING 45'</p> <p>■ 18:45 ZUMBA 60'</p> <p>■ 19:45 FAC 45'</p> <p>■ 20:30 SWISS BALL 30'</p>	<p>■ 9:30 FAC 45'</p> <p>■ 10:15 YOGA 60'</p> <p>■ 12:15 YOGA 60'</p> <p>■ 18:00 PILATES 60'</p> <p>■ 19:00 CROSS TRAINING 45'</p> <p>■ 19:45 YOGA 60'</p>	<p>■ 10:15 CROSS TRAINING 45'</p> <p>■ 11:00 ABDOS FESSIERS 30'</p> <p>NEW ■ 11:30 BODY JUMP 45'</p> <p>■ 18:00 CROSS TRAINING 45'</p> <p>■ 19:00 CROSS TRAINING 45'</p>	<p>■ 10:15 YOGI^{NEW} 60'</p> <p>■ 11:15 TAILLE ABDOS 30'</p> <p>■ 12:00 FESSIERS CUISSES 30'</p>
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HORAIRES

SEMAINE : 9H00 - 21H00
 SAMEDI : 10H - 17H
 DIMANCHE : 10H - 14H