

PLANNING FITNESS

MAGIC FORM PARIS XIV

2019

	CARDIO		DANSE
	RENFORCEMENT MUSCULAIRE		GYM DOUCE

LUNDI

9:30 ⌚ 45'	FESSIERS ABDOS CUISSES
10:15 ⌚ 45'	PILATES
12:15 ⌚ 60'	MAGIC CARDIO
18:00 ⌚ 45'	BODY BARRE
18:45 ⌚ 45'	STEP
19:30 ⌚ 60'	ZUMBA
20:30 ⌚ 45'	PILATES

MARDI

9:30 ⌚ 30'	BODY SCULPT
10:00 ⌚ 30'	TAILLE ABDOS
10:30 ⌚ 30'	FESSIERS CUISSES
12:15 ⌚ 45'	CROSS TRAINING
18:00 ⌚ 30'	TAILLE ABDOS
18:30 ⌚ 45'	CROSS TRAINING
19:15 ⌚ 45'	ZUMBA
20:00 ⌚ 60'	YOGA

MERCREDI

9:30 ⌚ 60'	BODY BARRE
10:30 ⌚ 30'	ABDOS FESSIERS
11:00 ⌚ 30'	STRETCHING
12:15 ⌚ 60'	PILATES
18:00 ⌚ 45'	MAGIC CARDIO
18:45 ⌚ 45'	FESSIERS ABDOS CUISSES
19:30 ⌚ 60'	MAGIC AFRO

JEUDI

9:00 ⌚ 60'	YOGA
10:00 ⌚ 45'	YOGA
10:45 ⌚ 60'	PILATES
12:15 ⌚ 45'	CROSS TRAINING
18:00 ⌚ 30'	ABDOS FESSIERS
18:30 ⌚ 45'	PILATES
19:15 ⌚ 30'	TAILLE ABDOS
19:45 ⌚ 30'	FESSIERS CUISSES
20:15 ⌚ 45'	CROSS TRAINING

VENDREDI

9:30 ⌚ 60'	BODY BARRE
10:30 ⌚ 30'	TAILLE ABDOS
11:00 ⌚ 30'	FESSIERS CUISSES
12:15 ⌚ 45'	FESSIERS ABDOS CUISSES
18:00 ⌚ 45'	CROSS TRAINING
18:45 ⌚ 30'	ABDOS FESSIERS
19:15 ⌚ 60'	YOGA
20:15 ⌚ 30'	BODY JUMP

SAMEDI

10:15 ⌚ 30'	FESSIERS CUISSES
10:45 ⌚ 30'	TAILLE ABDOS
11:15 ⌚ 60'	ZUMBA
12:15 ⌚ 60'	YOGA

HORAIRES

SEMAINE: 8H - 22H
 SAMEDI: 10H - 17H
 DIMANCHE: 10H - 14H

MagicForm
 CLUB DE SPORT

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 PLANNING SUSCEPTIBLE D'ÊTRE MODIFIÉ SANS PRÉAVIS