

PLANNING FITNESS

Magic Form

SAINT MAUR 2021



LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

9:30 | TAILLE ABDOS
30'

10:00 | FESSIERS CUISSES
30'

10:30 | BODY SCULPT
30'

12:15 | BODY BARRE
60'

9:30 | YOGA
60'

10:30 | TAILLE ABDOS
30'

11:00 | FESSIERS CUISSES
30'

12:15 | TAILLE ABDOS
30'

12:45 | FESSIERS CUISSES
30'

9:30 | BODY BARRE
60'

10:30 | YOGA
60'

9:30 | ABDOS FESSIERS
30'

10:00 | PILATES
60'

11:00 | STETCHING
30'

12:15 | CROSS TRAINING
45'

9:30 | FAC
45'

10:15 | YOGA
60'

12:15 | YOGA
60'

10:15 | CROSS TRAINING
45'

11:00 | ABDOS FESSIERS
30'

11:30 | BODY JUMP ^{NEW}
45'

10:15 | YOGI ^{NEW} PILATES
60'

11:15 | TAILLE ABDOS
30'

12:00 | FESSIERS CUISSES
30'

18:00 | ^{NEW} BODY JUMP
45'

18:45 | TAILLE ABDOS
30'

19:15 | FESSIERS CUISSES
30'

19:45 | ZUMBA
60'

18:00 | BODY BARRE
45'

18:45 | STEP NIVEAU 1
45'

19:30 | CROSS TRAINING
45'

20:15 | ABDOS FESSIERS
30'

18:00 | FAC
45'

18:45 | YOGA
60'

19:45 | PILATES
60'

18:00 | CROSS TRAINING
45'

18:45 | ZUMBA
60'

19:45 | FAC
45'

20:30 | SWISS BALL
30'

18:00 | PILATES
60'

19:00 | CROSS TRAINING
45'

19:45 | YOGA
60'

HORAIRES

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