

# PLANNING FITNESS

## MAGIC FORM PARIS XIV

### 2019



#### LUNDI

9:30 ⌚ 45'	FESSIERS ABDOS CUISSES
10:15 ⌚ 45'	PILATES

#### MARDI

9:30 ⌚ 30'	BODY SCULPT
10:00 ⌚ 30'	TAILLE ABDOS
10:30 ⌚ 30'	FESSIERS CUISSES

#### MERCREDI

9:30 ⌚ 60'	BODY BARRE
10:30 ⌚ 30'	ABDOS FESSIERS
11:00 ⌚ 30'	STRETCHING

#### JEUDI

9:00 ⌚ 60'	YOGA
10:00 ⌚ 45'	YOGA
10:45 ⌚ 60'	PILATES

#### VENDREDI

9:30 ⌚ 60'	GYM SENIOR
10:30 ⌚ 60'	BODY BARRE

#### SAMEDI

11:15 ⌚ 60'	ZUMBA
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12:15 ⌚ 60'	MAGIC CARDIO
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12:15 ⌚ 45'	CROSS TRAINING
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12:15 ⌚ 60'	PILATES
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12:15 ⌚ 45'	CROSS TRAINING
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12:15 ⌚ 60'	YOGA
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18:00 ⌚ 45'	BODY BARRE
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18:00 ⌚ 30'	ABDOS FESSIERS
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18:00 ⌚ 45'	PILATES
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18:00 ⌚ 30'	ABDOS FESSIERS
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18:00 ⌚ 30'	FESSIERS ABDOS CUISSES
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18:45 ⌚ 45'	STEP 2
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18:30 ⌚ 45'	CROSS TRAINING
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18:45 ⌚ 45'	FESSIERS ABDOS CUISSES
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18:30 ⌚ 45'	PILATES
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18:30 ⌚ 45'	STEP 1
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19:30 ⌚ 60'	ZUMBA
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19:15 ⌚ 45'	ZUMBA
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19:30 ⌚ 45'	STRONG BY ZUMBA
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19:15 ⌚ 30'	TAILLE ABDOS
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19:15 ⌚ 60'	YOGA
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20:30 ⌚ 30'	STRETCHING
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20:00 ⌚ 60'	YOGA
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20:15 ⌚ 60'	PILATES
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19:45 ⌚ 30'	FESSIERS CUISSES
20:15 ⌚ 45'	CROSS TRAINING

20:15 ⌚ 45'	CROSS TRAINING
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HORAIRE :  
SEMAINE: 8H - 22H  
SAMEDI: 10H - 17H  
DIMANCHE: 10H - 14H

MagicForm  
CLUB DE SPORT

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PLANNING SUSCEPTIBLE D'ÊTRE MODIFIÉ SANS PRÉAVIS