

# PLANNING FITNESS

## Magic Form

SAINT MAUR 2021 - 2022



LUNDI    MARDI    MERCREDI    JEUDI    VENDREDI    SAMEDI    DIMANCHE

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

### HORAIRES

SEMAINE : 9H00 - 21H00

SAMEDI : 10H - 17H

DIMANCHE : 10H - 14H