

# PLANNING FITNESS

## MAGIC FORM SAINT-MAUR

### 2019



#### LUNDI

#### MARDI

#### MERCREDI

#### JEUDI

#### VENDREDI

#### SAMEDI

#### DIMANCHE

9:30  
⌚ 30'

TAILLE  
ABDOS

10:00  
⌚ 60'

PILATES

9:30  
⌚ 30'

ABDOS  
FESSIERS

10:00  
⌚ 60'

BODY  
BARRE

11:00  
⌚ 30'

STRETCHING

9:30  
⌚ 60'

BODY  
BARRE

10:30  
⌚ 60'

YOGA

9:30  
⌚ 45'

FESSIERS  
ABDOS  
CUISSSES

10:15  
⌚ 15'

STRETCHING

10:30  
⌚ 60'

PILATES

9:30  
⌚ 45'

FESSIERS  
ABDOS  
CUISSSES

10:15  
⌚ 45'

STEP  
CARDIO

10:15  
⌚ 30'

TAILLE  
ABDOS

10:45  
⌚ 30'

FESSIERS  
CUISSSES

11:15  
⌚ 60'

STRONG  
BY ZUMBA

10:15  
⌚ 45'

CROSS  
TRAINING

11:00  
⌚ 45'

FESSIERS  
ABDOS  
CUISSSES

11:45  
⌚ 15'

STRETCHING

12:15  
⌚ 60'

ZUMBA

12:15  
⌚ 30'

TAILLE  
ABDOS

12:45  
⌚ 30'

FESSIERS  
CUISSSES

12:15  
⌚ 45'

CROSS  
TRAINING

12:15  
⌚ 60'

PILATES

17:30  
⌚ 45'

PILATES

18:00  
⌚ 45'

STEP

18:15  
⌚ 45'

MAGIC  
CARDIO

18:45  
⌚ 45'

CROSS  
TRAINING

19:00  
⌚ 45'

CROSS  
TRAINING

19:30  
⌚ 30'

BODY  
SCULPT

19:45  
⌚ 60'

ZUMBA

20:00  
⌚ 45'

FESSIERS  
ABDOS  
CUISSSES

17:45  
⌚ 45'

FESSIERS  
ABDOS  
CUISSSES

18:30  
⌚ 45'

BODY  
BARRE

19:15  
⌚ 60'

PILATES

20:15  
⌚ 30'

STRETCHING

17:45  
⌚ 45'

CROSS  
TRAINING

18:30  
⌚ 60'

ZUMBA

19:30  
⌚ 45'

FESSIERS  
ABDOS  
CUISSSES

20:15  
⌚ 30'

SWISS  
BALL

17:30  
⌚ 45'

FESSIERS  
ABDOS  
CUISSSES

18:15  
⌚ 45'

CROSS  
TRAINING

19:00  
⌚ 45'

LIA

19:45  
⌚ 60'

YOGA

#### HORAIRES

SEMAINE: 9H - 21H

SAMEDI: 10H - 17H

DIMANCHE: 10H - 14H

MagicForm  
CLUB DE SPORT

14 RUE INKERMANN 94100 SAINT MAUR DES FOSSÉS

01 48 83 15 33

PLANNING SUSCEPTIBLE D'ÊTRE MODIFIÉ SANS PRÉAVIS