

PLANNING COURS COLLECTIFS

Magic Form
Créteil

À PARTIR DU 2 SEPTEMBRE 2024

HORAIRES DU CLUB :

SEMAINE 07h - 22h

WEEK-END 09h - 19h

06 48 68 33 17

magicformcreteil@gmail.com

Les cours LesMills, Yoga, Zumba sont en option et sur réservation.

Téléchargez notre application mobile

MAGIC FORM FRANCE



LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

MATIN

09h45 – 10h45 YOGA	10h – 10h45 PILATES	9h30 – 10h30 ZUMBA	09h – 10h YOGA	9h30 – 10h30 BALANCE	10h – 10h30 STRETCHING	9h30 – 10h30 BALANCE
10h – 10h45 LES MILLS RPM	10h45 – 11h30 CUISSES ABDOS FESSIERS	10h30 – 11h15 SWISS BALL	10h15 – 11h KUDURO FIT	10h30 – 11h30 CROSS TRAINING	10h30 – 11h15 LES MILLS RPM MOUNTAIN	10h30 – 11h15 LES MILLS BODYCOMBAT
10h45 – 11h15 BODY SCULPT	11h30 – 12h15 LES MILLS BODYPUMP	11h15 – 12h BALANCE	11h – 11h45 LES MILLS BODYCOMBAT	11h30 – 12h PILATES	10h30 – 11h30 ZUMBA	11h15 – 12h15 LES MILLS BODYPUMP
11h15 – 12h PILATES			11h45 – 12h30 LES MILLS BODYPUMP		11h30 – 12h15 LES MILLS BODYPUMP	12h15 – 13h15 STEP intermédiaire
12h – 12h30 STRETCHING						

MIDI

12h30 – 13h15 CIRCUIT TRAINING	12h30 – 13h15 LES MILLS RPM	12h30 – 13h30 STRONG NATION	12h30 – 13h15 CUISSES ABDOS FESSIERS	12h30 – 13h15 LES MILLS RPM	12h15 – 13h PILATES
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SOIRÉE

18h – 18h30 HIT FITNESS	18h15 – 18h45 PILATES	18h – 18h15 100% ABDOS	18h – 18h45 SWISS BALL	18h – 18h45 PILATES	15h – 15h30 HIT FITNESS
18h30 – 19h30 LES MILLS BODYPUMP	18h45 – 19h30 LES MILLS BODYPUMP	18h15 – 18h45 CUISSES FESSIER	18h45 – 19h30 LES MILLS BODYPUMP	18h45 – 19h15 CUISSES ABDOS FESSIERS	15h30 – 16h15 CUISSES ABDOS FESSIERS
19h30 – 20h30 ZUMBA	19h30 – 20h15 LES MILLS BODYCOMBAT	18h45 – 19h30 STEP AFRO	19h30 – 20h15 CARDIO ATTACK	19h15 – 20h CYCLING	16h15 – 17h15 LES MILLS RPM
19h30 – 20h30 LES MILLS RPM	20h15 – 21h LES MILLS RPM SPRINT	19h30 – 20h BODY SCULPT	20h15 – 20h30 100% ABDOS	19h15 – 20h15 YOGA	17h15 – 18h15 STEP intermédiaire
19h45 – 20h30 CROSS TRAINING	20h15 – 21h15 YOGA	19h15 – 20h CROSS TRAINING	20h30 – 21h30 ZUMBA		
20h30 – 21h45 BOXE		20h – 21h30 BOXE			