

PLANNING COURS COLLECTIFS

MagicForm
Créteil

À PARTIR DU 03 AOUT 2026

HORAIRES DU CLUB :

SEMAINE 07h - 22h

WEEK-END 09h - 17h

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



MATIN

MIDI

SOIRÉE

09h45 – 10h45

YOGA

10h – 10h45

LES MILLS
RPM

10h45 – 11h15

BODY SCULPT

11h15 – 12h

PILATES

12h – 12h30

STRETCHING

10h15 – 11h

PILATES

11h – 11h45

CUISSES ABDOS
FESSIERS

11h45 – 12h45

LES MILLS
BODYPUMP

10h – 11h

YOGA

11h – 11h45

LES MILLS
BODYCOMBAT

11h45 – 12h30

LES MILLS
BODYPUMP

10h – 10h30

STRETCHING

10h30 – 11h15

LES MILLS
RPM MOUNTAIN

11h30 – 12h15

LES MILLS
BODYPUMP

10h30 – 11h15

HIT
FITNESS

11h15 – 12h

BODY SCULPT

12h30 – 13h15

CIRCUIT
TRAINING

12h30 – 13h15

CUISSES ABDOS
FESSIERS

12h15 – 13h

PILATES

18h – 18h30

HIT
FITNESS

18h30 – 19h30

LES MILLS
BODYPUMP

19h30 – 20h30

LES MILLS
RPM

18h – 18h45

PILATES

18h45 – 19h30

LES MILLS
BODYPUMP

19h30 – 20h15

LES MILLS
BODYCOMBAT

20h15 – 21h

LES MILLS
RPM

18h15 – 19h

LES MILLS
BODYPUMP

19h – 19h45

CARDIO
ATTACK

19h45 – 20h

100% ABDOS

18h – 18h30

PILATES

18h30 – 19h15

CUISSES ABDOS
FESSIERS

19h15 – 20h

LES MILLS
BODYPUMP

14h30 – 15h

HIT
FITNESS

15h – 15h45

CUISSES ABDOS
FESSIERS

15h45 – 16h45

CYCLING