

PLANNING COURS COLLECTIFS

MagicForm
Créteil

À PARTIR DU 1 SEPTEMBRE 2026

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

Disponible sur
App Store

DISPONIBLE SUR
Google play

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
MATIN	09h45 – 10h45 YOGA	10h15 – 11h PILATES	10h30 – 11h15 SWISS BALL	09h15 – 10h15 YOGA	9h30 – 10h15 BODY ZEN	10h – 10h30 STRETCHING	10h – 10h45 CUISSES ABDOS FESSIERS
	10h – 10h45 LES MILLS RPM	11h – 11h45 CUISSES ABDOS FESSIERS	11h15 – 12h BODY ZEN	10h15 – 11h BODY SCULPT	10h15 – 10h45 PILATES	10h30 – 11h15 LES MILLS RPM MOUNTAIN	10h45 – 11h30 HIT FITNESS
	10h45 – 11h15 BODY SCULPT	11h45 – 12h45 LES MILLS BODYPUMP		11h – 11h45 LES MILLS BODYCOMBAT	10h45 – 11h45 CROSS TRAINING	10h30 – 11h30 ZUMBA	11h30 – 12h15 BODY SCULPT
	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	12h45 – 13h15 LES MILLS RPM	12h30 – 13h30 STRONG NATION	12h30 – 13h15 CUISSES ABDOS FESSIERS	12h30 – 13h15 LES MILLS RPM	12h15 – 13h PILATES	
SOIRÉE	18h – 18h30 HIT FITNESS	18h – 18h45 PILATES	18h15 – 19h STEP Débutant	18h – 18h45 SWISS BALL	18h – 18h30 PILATES	15h – 15h30 HIT FITNESS	
	18h30 – 19h30 LES MILLS BODYPUMP	18h45 – 19h30 LES MILLS BODYPUMP	19h – 19h30 CUISSES ABDOS FESSIERS	18h45 – 19h30 LES MILLS BODYPUMP	18h30 – 19h15 CUISSES ABDOS FESSIERS	15h30 – 16h15 CUISSES ABDOS FESSIERS	
	19h30 – 20h30 YOGA	19h30 – 20h15 LES MILLS BODYCOMBAT	19h30 – 20h15 BODY SCULPT	19h30 – 20h15 CARDIO ATTACK	19h15 – 20h LES MILLS BODYPUMP	16h15 – 17h15 CYCLING	
	19h30 – 20h30 LES MILLS RPM	20h15 – 21h LES MILLS RPM	19h30 – 20h15 CROSS TRAINING	20h15 – 20h30 100% ABDOS			
	19h45 – 20h30 CROSS TRAINING	20h15 – 21h15 YOGA	20h15 – 21h45 BOXE	20h30 – 21h30 ZUMBA			
	20h30 – 21h45 BOXE						

