

PLANNING COURS COLLECTIFS

Magic Form

Créteil

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

À PARTIR DU 8 AVRIL 2024

HORAIRE :

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 vite notre application mobile

MAGIC FORM FRANCE

