

# PLANNING FITNESS

## MAGIC FORM CACHAN

### 2018



#### LUNDI

#### MARDI

#### MERCREDI

#### JEUDI

#### VENDREDI

#### SAMEDI

#### DIMANCHE

9:30 ⌚ 30'	TAILLE ABDOS
10:00 ⌚ 30'	FESSIERS CUISSES
10:30 ⌚ 15'	STRETCHING

12:15 ⌚ 30'	BODY SCULPT
12:45 ⌚ 30'	ABDOS FESSIERS

17:30 ⌚ 45'	CROSS TRAINING
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18:15 ⌚ 30'	YOU DANCE FIT
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18:45 ⌚ 30'	TAILLE ABDOS
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19:15 ⌚ 30'	FESSIERS CUISSES
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19:45 ⌚ 60'	DJEMBEL
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9:30 ⌚ 60'	BODY BARRE
10:00 ⌚ 30'	ABDOS FESSIERS

12:15 ⌚ 30'	TAILLE ABDOS
12:45 ⌚ 30'	FESSIERS CUISSES

17:30 ⌚ 45'	PILATES
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18:15 ⌚ 45'	FESSIERS ABDOS CUISSES
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19:00 ⌚ 30'	LIA
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19:30 ⌚ 45'	STEP 2
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20:15 ⌚ 45'	CROSS TRAINING
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9:30 ⌚ 60'	YOGA
10:30 ⌚ 30'	TAILLE ABDOS
11:00 ⌚ 30'	FESSIERS CUISSES

12:00 ⌚ 60'	YOGA
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17:30 ⌚ 30'	TAILLE ABDOS
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18:00 ⌚ 30'	FESSIERS CUISSES
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18:30 ⌚ 45'	STEP
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19:00 ⌚ 45'	BODY BARRE
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19:45 ⌚ 45'	FIT BOXING
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10:00 ⌚ 60'	PILATES
11:00 ⌚ 60'	YOGA

17:30 ⌚ 30'	FESSIERS CUISSES
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18:00 ⌚ 30'	TAILLE ABDOS
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18:30 ⌚ 45'	CROSS TRAINING
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19:15 ⌚ 60'	ZUMBA
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20:15 ⌚ 60'	PILATES
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20:15 ⌚ 45'	YOGA
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9:30 ⌚ 30'	BODY SCULPT
10:00 ⌚ 45'	FESSIERS ABDOS CUISSES
10:45 ⌚ 15'	STRETCHING

12:15 ⌚ 45'	CROSS TRAINING
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17:30 ⌚ 30'	ABDOS FESSIERS
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18:00 ⌚ 45'	CROSS TRAINING
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18:45 ⌚ 45'	FESSIERS ABDOS CUISSES
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19:30 ⌚ 60'	ZUMBA
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10:15 ⌚ 30'	BODY SCULPT
10:45 ⌚ 30'	TAILLE ABDOS
11:15 ⌚ 30'	FESSIERS CUISSES
11:45 ⌚ 30'	STEP 1
12:15 ⌚ 60'	ZUMBA

10:15 ⌚ 45'	BODY JUMP
11:00 ⌚ 45'	CROSS TRAINING
11:45 ⌚ 15'	STRETCHING

#### HORAIRE DU CLUB :

SEMAINE : 9H - 21H  
 MARDI & JEUDI : 9H - 22H  
 SAMEDI : 10H - 17H  
 DIMANCHE : 10H - 14H

**MagicForm**  
 CLUB DE SPORT

15 RUE COUSTÉ 94230 CACHAN  
 09 84 29 51 50  
 PLANNING SUSCEPTIBLE D'ÊTRE MODIFIÉ SANS PRÉAVIS