

PLANNING FITNESS - MAGIC FORM CACHAN 2017/2018

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
9H30 (30 MIN)	TAILLE ABDOS	9H30 (1H)	BODY BARRE	9H30 (30 MIN)	PILATES	10H (1 H)	PILATES	9H30 (30 MIN)	BODY SCULPT	10H15 (30 MIN)	BODY SCULPT	10H15 (30 MIN)	FESSIERS CUISSSES
10H (30MIN)	FESSIERS CUISSSES			10H (30 MIN)	TAILLE ABDOS			10H (45 MIN)	FESSIERS ABDOS CUISSSES	10H45 (30 MIN)	TAILLE ABDOS	10H45 (30 MIN)	TAILLE ABDOS
10H30 (30 MIN)	STRETCHING	10H30 (30 MIN)	ABDOS FESSIERS	10H30 (30 MIN)	FESSIERS CUISSSES	11H (1H)	YOGA	10H45 (30 MIN)	STRETCHING	11H15 (30 MIN)	FESSIERS CUISSSES	11H15 (45 MIN)	CROSS TRAINING
12H15 (30 MIN)	BODY BARRE	12H15 (30 MIN)	TAILLE ABDOS	12H (1 H)	YOGA DÉBUTANT			12H15 (45 MIN)	CROSS TRAINING	11H45 (30 MIN)	STEP BASIC		
12H45 (30 MIN)	ABDOS FESSIERS	12H45 (30 MIN)	FESSIERS CUISSSES							12H15 (1 H)	ZUMBA		
17H30 (45 MIN)	CROSS TRAINING	17H30 (45 MIN)	PILATES	17H30 (30 MIN)	TAILLE ABDOS	17H30 (30 MIN)	FESSIERS CUISSSES	17H30 (30 MIN)	ABDOS FESSIERS				
18H15 (30 MIN)	YOU DANCE FIT	18H15 (30 MIN)	TAILLE ABDOS	18H (30 MIN)	FESSIERS CUISSSES	18H (30 MIN)	TAILLE ABDOS	18H (45 MIN)	CROSS TRAINING				
18H45 (30 MIN)	TAILLE ABDOS	18H45 (30 MIN)	FESSIERS CUISSSES	18H30 (30 MIN)	STEP NIVEAU 1	18H30 (45 MIN)	CROSS TRAINING	18H45 (45 MIN)	FESSIERS ABDOS CUISSSES				
19H15 (30 MIN)	FESSIERS CUISSSES	19H15 (45 MIN)	STEP NIVEAU 2	19H (45 MIN)	BODY BARRE	19H15 (1 H)	ZUMBA	19H30 (1 H)	ZUMBA				
19H45 (1 H)	ZUMBA	20H (45 MIN)	CROSS TRAINING	19H45 (45 MIN)	FIT BOXING	20H15 (45 MIN) (1H)	YOGA NIVEAU 2 / PILATES SALLE 2						

HORAIRES

SEMAINE: 9H- 21H

MARDI ET JEUDI : 22H

SAMEDI: 10H- 17H

DIMANCHE: 10H- 14H



magic
FORM