

PLANNING FITNESS

MAGIC FORM CACHAN

2019



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

9:30 ⌚ 30'	TAILLE ABDOS
10:00 ⌚ 30'	FESSIERS CUISSSES
10:30 ⌚ 30'	STRETCHING

9:30 ⌚ 60'	BODY BARRE
10:30 ⌚ 30'	ABDOS FESSIERS

10:00 ⌚ 60'	YOGA
11:00 ⌚ 60'	PILATES

10:00 ⌚ 60'	PILATES
11:00 ⌚ 60'	YOGA

9:30 ⌚ 30'	BODY SCULPT
10:00 ⌚ 45'	FESSIERS ABDOS CUISSSES
10:45 ⌚ 30'	STRETCHING

10:15 ⌚ 30'	BODY SCULPT
10:45 ⌚ 30'	TAILLE ABDOS
11:15 ⌚ 30'	FESSIERS CUISSSES

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

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

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

12:00 ⌚ 60'	YOGA
----------------	------

12:15 ⌚ 45'	CROSS TRAINING
----------------	-------------------

11:45 ⌚ 30'	STRETCHING
12:15 ⌚ 60'	DJEMBEL

11:45 ⌚ 30'	STRETCHING
----------------	------------

17:30 ⌚ 45'	CROSS TRAINING
18:15 ⌚ 30'	MAGIC CARDIO
18:45 ⌚ 30'	TAILLE ABDOS
19:15 ⌚ 30'	FESSIERS CUISSSES
19:45 ⌚ 60'	ZUMBA

17:30 ⌚ 60'	PILATES
18:30 ⌚ 30'	ABDOS FESSIERS
19:00 ⌚ 60'	STEP 2
20:00 ⌚ 45'	CROSS TRAINING

18:00 ⌚ 45'	FESSIERS ABDOS CUISSSES
18:45 ⌚ 30'	STEP
19:15 ⌚ 45'	BODY BARRE
20:00 ⌚ 45'	CROSS TRAINING

17:30 ⌚ 30'	FESSIERS CUISSSES
18:00 ⌚ 30'	TAILLE ABDOS
18:30 ⌚ 45'	CROSS TRAINING
19:15 ⌚ 60'	ZUMBA
20:15 ⌚ 60'	PILATES
20:15 ⌚ 45'	YOGA

17:30 ⌚ 30'	ABDOS FESSIERS
18:00 ⌚ 45'	CROSS TRAINING
18:45 ⌚ 45'	FESSIERS ABDOS CUISSSES
19:30 ⌚ 60'	STRONG BY ZUMBA

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