PLANNING COURS COLLECTIFS

Magic **Form** Choisy

A PARTIR DU 1 SEPTEMBRE 2022

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
MATIN	10h – 10h45 BODY SCULPT	10h – 10h45 LesMills BODYPUMP	10h – 10h30 ABDOS FESSIERS	10h – 10h45 CAF	10h – 10h45 PILATES	9h30 – 10h15 LesMills BODYCOMBAT	10h45 – 11h30 CROSS TRAINING
	10h45 – 11h 100% ABDOS	10h45 – 11h30 PILATES	10h30 – 11h15 CIRCUIT TRAINING	10h45 – 11h30 PILATES	10h45 – 11h30 CAF	10h15 – 11h15 ZUMBA	11h30 – 12h15 LesMills BODYPUMP
	11h – 11h45 STRETCHING		11h15 – 11h45 STRETCHING	11h30 – 11h45 100% ABDOS		11h15 – 11h45 CAF	12h15 – 13h LesMills RPM
MIDI	12h30 – 13h15 LesMills RPM	12h30 – 13h30 CIRCUIT TRAINING	12h30 – 13h15 LesMills BODYPUMP	12h30 – 13h15 LesMills RPM	12h30 – 13h15 CIRCUIT TRAINING	11h45 – 12h30 LesMills BODYPUMP	
SOIRÉE	18h – 18h45 BODY ZEN	18h15 – 18h45 PILATES	18h30 – 19h30 YOGA	18h30 – 19h CAF	18h – 19h00 YOGA		
	18h45 – 19h30 LesMills BODYPUMP	18h45 – 19h45 LesMills BODYPUMP	19h30 – 20h15 LesMills BODYCOMBAT	19h – 19h45 BODY SCULPT	19h– 19h45 CROSS TRAINING		
	19h30 – 20h15 LesMills BODYCOMBAT	19h45 – 20h30 STRONG NATION	20h15 – 21h00 ZUMBA STEP	19h45 – 20h45 STEP AFRO	19h45 – 20h30 LesMills RPM		
	20h15 – 21h15 STEP Intermédiaire	19h45 – 20h30 LesMills RPM		20h45 – 21h00 100% ABDOS			
		20h30 – 21h30 ZUMBA					

HORAIRES DU CLUB :

SEMAINE **07h - 22h**

WEEKEND **09h - 19h**

01 48 84 10 10

mfchoisy@gmail.com

RPM, CROSS-TRAINING, sont sur réservation chaque matin dès 08h

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MAGIC FORM FRANCE

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