

PLANNING FITNESS

Magic Form

CACHAN 2023

 CARDIO	 DANSE
 RENFO	 ETIREMENT
	RESPIRATION

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

■ 9:30
30' | TAILLE ABDOS

■ 10:00
30' | FESSIERS
CUISSSES

■ 10:30
30' | STETCHING

■ 12:15
60' | BODY
BARRE

■ 18:00
45' | CROSS
TRAINING

■ 18H45
30' | TAILLE
ABDOS

■ 19:15
30' | FESSIERS
CUISSSES

■ 19:45
60' | ZUMBA

■ 19:45
45' | CYCLING

■ 9:30
45' | BODY
BARRE

■ 10:15
45' | FAC

■ 12:15
30' | TAILLE ABDOS

■ 12:45
30' | FESSIERS CUISSSES

■ 17:30
45' | BODY
BARRE

■ 18:15
45' | FAC

■ ■ 19:00
45' | CROSS
TRAINING

■ 19:45
45' | BODY JUMP

■ 20:15
30' | STRETCHING

■ 9:30
60' | YIN
YOGA

■ ■ 10:30
60' | PILATES

■ 12:15
60' | YIN
YOGA

■ 17:30
30' | ABDOS
FESSIERS

■ 18:00
45' | STEP
NIVEAU 1

■ 18:45
45' | LIA

■ 19:30
45' | FAC

■ 20:15
30' | STRETCHING

■ 9:30
60' | PILATES

■ 10:30
60' | YIN
YOGA

■ 17:30
30' | FESSIERS
CUISSSES

■ 18:00
30' | TAILLE
ABDOS

■ ■ 18:30
45' | CROSS
TRAINING

■ 19:15
45' | ZUMBA

■ 19:15
45' | CYCLING

■ 20:00
60' | YOGA

■ 9H30
30' | BODY SCULPT

■ 10H00
30' | ABDOS
FESSIERS

■ 10:30
30' | STRETCHING

■ ■ 12:15
45' | CROSS
TRAINING

■ ■ 18:00
45' | CROSS
TRAINING

■ 18:45
30' | TAILLE
ABDOS

■ 19:15
30' | FESSIERS
CUISSSES

■ 19:45
60' | BOXE

■ ■ 10:15
60' | YOGI
PILATES

■ 11:15
45' | FAC

■ ■ 12:00
45' | STRONG
BY ZUMBA

■ 10:15
45' | BODY JUMP

■ ■ 11:00
45' | CROSS
TRAINING

■ 11:45
30' | ABDOS
FESSIERS

HORAIRES
LUNDI - MERCREDI-VENDREDI : 9H00 - 21H00
MARDI - JEUDI : 9:00 - 22H00
SAMEDI : 10H - 17H
DIMANCHE : 10H - 14H



PLANNING SUSCEPTIBLE D'ETRE MODIFIE SANS PREAVIS