

PLANNING FITNESS JUILLET 2018 - MAGIC FORM VILLIERS

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
9H30 (30 MIN)	TAILLE ABDOS	10H (1H)	PILATES	9H30 (30 MIN)	ABDOS FESSIERS	9H30 (1 H)	BARRE AU SOL	10H (1 H)	BODY BARRE	10H15 (1H)	BARRE AU SOL	10H15 (30 MIN)	BODY SCULPT
10H (30MIN)	FESSIERS CUISSSES			10H (45MIN)	BODY BARRE								
10H30 (30 MIN)	STRETCHING À LA BARRE	11H (30 MIN)	STRETCHING	10H45 (30 MIN)	MAGIC ZEN			11H (30 MIN)	STRETCHING	11H15 (45 MIN)	BODY BARRE	10H45 (30 MIN)	ABDOS FESSIERS
12H15 (30 MIN)	FESSIERS CUISSSES À LA BARRE	12H15 (1 H)	CYCLING SALLE 2	12H15 (1 H)	DANSE CLASSIQUE NIVEAU 1	12H15 (30 MIN)	DOS POITRINE CUISSSES	12H15 (45MIN)	ZUMBA			11H15 (45 MIN)	CROSS TRAINING
12H45 (30 MIN)	TAILLE ABDOS	12H30 (1H)	CROSS POWER			12H45 (30 MIN)	ABDOS FESSIERS						
18H (30 MIN)	STEP CARDIO	18H (30 MIN)	BODY SCULPT			18H (1H)	PILATES	18H (45 MIN)	CIRCUIT CARDIO	HORAIRES SEMAINE: 9H - 21H MARDI ET JEUDI : 9H - 22H SAMEDI: 10H - 17H DIMANCHE: 10H - 14H			
18H30 (30 MIN)	TAILLE ABDOS	18H30 (30 MIN)	ABDOS FESSIERS			19H (1H)	BODY BARRE	18H45 (1H)	ZUMBA				
19H (30 MIN)	FESSIERS CUISSSES	19H (45 MIN)	CROSS TRAINING										
19H30 (1 H)	ZUMBA	19H45 (1 H) & (45MIN)	YOGA / CYCLING SALLE 2			20H (45 MIN)	CORE TRAINING	19H45 (45 MIN)	CROSS TRAINING				

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