

# PLANNING FITNESS

## MAGIC FORM VILLIERS

### 2020



#### LUNDI

#### MARDI

#### MERCREDI

#### JEUDI

#### VENREDI

#### SAMEDI

#### DIMANCHE

9:30  
⌚ 45'

PILATES

10:15  
⌚ 45'

FESSIERS  
ABDOS  
CUISSES

12:15  
⌚ 60'

YOGA

17:30  
⌚ 30'

SWISS  
BALL

18:00  
⌚ 45'

STEP  
INTERMÉDIAIRE

18:45  
⌚ 45'

FESSIERS  
ABDOS  
CUISSES

19:30  
⌚ 45'

ZUMBA

20:15  
⌚ 45'

ZUMBA

9:30  
⌚ 45'

BODY  
BARRE

10:15  
⌚ 45'

FESSIERS  
ABDOS  
CUISSES

11:00  
⌚ 30'

STRETCHING

12:15  
⌚ 45'

CYCLING  
SALLE 2

12:30  
⌚ 45'

FULL  
TRAINING

17:30  
⌚ 45'

STEP  
BASIC

18:15  
⌚ 45'

FESSIERS  
ABDOS  
CUISSES

19:00  
⌚ 45'

FULL  
TRAINING

19:45  
⌚ 60'

YOGA

9:30  
⌚ 30'

ABDOS  
FESSIERS

10:00  
⌚ 45'

BODY  
BARRE

10:45  
⌚ 60'

YOGA

17:30  
⌚ 45'

FESSIERS  
ABDOS  
CUISSES

18:15  
⌚ 45'

FIT  
BOXING

19:00  
⌚ 60'

BODY BARRE

20:00  
⌚ 45'

CYCLING  
SALLE 2

9:30  
⌚ 30'

BODY  
SCULPT

10:00  
⌚ 30'

TAILLE  
ABDOS

10:30  
⌚ 30'

FESSIERS  
CUISSES

12:15  
⌚ 60'

YOGA

18:00  
⌚ 60'

PILATES

19:00  
⌚ 30'

TAILLE  
ABDOS

19:30  
⌚ 30'

FESSIERS  
CUISSES

20:00  
⌚ 45'

STRONG  
BY ZUMBA

10:00  
⌚ 60'

PILATES

11:00  
⌚ 30'

STRETCHING

12:15  
⌚ 60'

ZUMBA

18:00  
⌚ 30'

CIRCUIT  
CARDIO

18:30  
⌚ 45'

ZUMBA

19:15  
⌚ 45'

ZUMBA

20:00  
⌚ 45'

FULL  
TRAINING

10:15  
⌚ 60'

YOGA

11:15  
⌚ 30'

ABDOS  
FESSIERS

11:45  
⌚ 45'

BODY  
BARRE

12:30  
⌚ 45'

CYCLING  
SALLE 2

18:00  
⌚ 30'

CIRCUIT  
CARDIO

18:30  
⌚ 45'

ZUMBA

19:15  
⌚ 45'

ZUMBA

20:00  
⌚ 45'

FULL  
TRAINING

10:15  
⌚ 45'

BODY  
BARRE

11:00  
⌚ 30'

ABDOS  
FESSIERS

11:30  
⌚ 45'

FULL  
TRAINING

12:15  
⌚ 45'

CYCLING  
SALLE 2

HORAIRE DU CLUB : **MagicForm**  
CLUB DE SPORT

SEMAINE : 9H - 21H

MARDI & JEUDI : 9H - 22H

SAMEDI : 10H - 17H

DIMANCHE : 10H - 14H

9 RUE LOUIS LENOIR 94350 VILLIERS S./MARNE

09 80 92 80 11

PLANNING SUSCEPTIBLE D'ÊTRE MODIFIÉ SANS PRÉAVIS