

PLANNING COURS COLLECTIFS

MagicForm
Choisy

A PARTIR DU 13 JANVIER 2020

MATIN

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9h30 – 10h15 BODY SCULPT	10h – 10h30 PILATES	10h – 10h45 BODY SCULPT	10h00 – 10h45 CIRCUIT TRAINING	10h00 – 10h45 SWISS BALL	9h30 – 10h15 LES MILLS BODYCOMBAT	9h45 – 10h45 YOGA
10h15 – 10h45 100% ABDOS			10h45 – 11h00 STRETCHING		10h15 – 11h15 ZUMBA	10h – 10h45 CROSS TRAINING
10h45 – 11h15 CIRCUIT TRAINING	10h30 – 11h15 STRETCHING	10h45 – 11h30 PILATES	11h00 – 11h30 LES MILLS RPM	10h45 – 11h30 TABATA TRAINING	11h15 – 11h45 CAF	10h45 – 11h15 TRAMPOLINE

MIDI

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
12h30 – 13h15 LES MILLS RPM	12h15 – 12h45 CIRCUIT TRAINING	12h30 – 13h15 LES MILLS RPM	12h30 – 12h15 CIRCUIT TRAINING	12h30 – 13h15 BODY SCULPT	11h45 – 12h30 KUDURO Fit'	11h15 – 12h LES MILLS BODYPUMP
	12h45 – 13h15 LES MILLS BODYBALANCE					12h – 12h45 LES MILLS RPM

SOIRÉE

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
17h30 – 18h 100% ABDOS	17h45 – 18h 100% ABDOS	18h – 18h30 CAF	18h15 – 19h LES MILLS BODYPUMP	18h30 – 19h30 CROSS TRAINING
18h – 19h STEP Intermédiaire	18h – 19h LES MILLS BODYPUMP	18h30 – 19h15 LES MILLS RPM	19h00 – 19h45 DANSE ORIENTALE	19h30 – 20h15 BODY SCULPT
18h30 – 19h00 CROSS TRAINING	19h – 19h30 TRAMPOLINE	18h45 – 19h45 YOGA	19h – 19h45 LES MILLS RPM	20h15 – 20h30 100% ABDOS
19h – 20h LES MILLS BODYBALANCE	19h30 – 20h15 STRONG ZUMBA	19h15 – 19h45 CROSS TRAINING	19h45 – 20h30 LES MILLS BODYCOMBAT	20h30 – 21h15 LES MILLS RPM
19h – 20h LES MILLS RPM	19h30 – 20h30 LES MILLS RPM	19h45 – 20h15 LES MILLS BODYCOMBAT	20h30 – 21h15 CROSS TRAINING	
20h – 21h LES MILLS BODYCOMBAT	20h15 – 21h15 ZUMBA	20h15 – 21h15 MASH UP DANCE		
21h – 21h30 LES MILLS RPM HARD				



#resolution sport

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Pour réserver votre place aux cours de :

- RPM
- Cross Training
- Swiss Ball
- Trampoline

Tous les matins à partir de 8h

HORAIRES DU CLUB

SEMAINE 07h-22h

WEEKEND 09h-19h

01 48 84 10 10