

# PLANNING FITNESS - MAGIC FORM VILLIERS 2017/2018

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			11H (30 MIN)	STRETCHING	11H15 (30 MIN)	BODY BARRE	10H45 (30 MIN)	ABDOS FESSIERS
10H30 (30 MIN)	STRETCHING À LA BARRE	11H (30 MIN)	STRETCHING	10H45 (30 MIN)	MAGIC ZEN			11H (30 MIN)	STRETCHING	11H15 (30 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 (1 H)	ZUMBA	12H15 (45 MIN)	CYCLING SALLE 2	11H15 (45 MIN)	CROSS TRAINING
12H45 (30 MIN)	TAILLE ABDOS	12H30 (1H)	CROSS POWER			12H45 (30 MIN)	ABDOS FESSIERS						
17H30 (30 MIN)	SWISS BALL	17H30 (45 MIN)	STEP BASIC	17H30 (30 MIN)	FESSIERS CUISSSES	18H (1H)	PILATES	18H (45 MIN)	CIRCUIT CARDIO				
18H (45 MIN)	STEP NIVEAU 2	18H (1H)	BODY SCULPT	18H (30 MIN)	TAILLE ABDOS	19H (30 MIN)	BODY BARRE	18H45 (1H)	ZUMBA				
18H45 (30 MIN)	TAILLE ABDOS	18H30 (30 MIN)	ABDOS FESSIERS	18H30 (45 MIN)	FIT BOXING								
19H15 (30 MIN)	FESSIERS CUISSSES	19H (45 MIN)	CROSS TRAINING	19H15 (45 MIN)	ZUMBA/ CYCLING SALLE2	20H (45 MIN)	CORE TRAINING	19H45 (45 MIN)	CROSS TRAINING				
19H45 (1 H)	ZUMBA	19H45 (1H) & (45MIN)	YOGA / CYCLING SALLE 2	20H15 (30 MIN)	STRETCHING								

## HORAIRES

SEMAINE: 9H- 21H  
MARDI ET JEUDI : 22H  
SAMEDI: 10H- 17H  
DIMANCHE: 10H- 14H



**magic**  
FORM