



LUNDI 28

STUDIO 2	MF+
	09h30 - 10h30 HATHA YOGA
10h30 - 11h15 RENFO GÉNÉRAL	
11h15 - 12h00 POSTURAL	
12h30 - 13h15 INTERVAL TRAINING	
	17h00 - 18h00 CROSS TRAINING
	17h15 - 18h00 BOXING FURY
17h30 - 18h15 LES MILLS BODYPUMP	18h00 - 18h45 BOXING FURY
18h15 - 19h00 CORPS & ESPRIT	18h15 - 19h00 LES MILLS RPM
19h00 - 19h45 LES MILLS BODYATTACK	18h00 - 19h00 CROSS TRAINING
	19h00 - 20h00 BIKING BURN
	19h00 - 20h00 CROSS TRAINING

MARDI 29

STUDIO 2	MF+
	12h45 - 13h30 BOXING FURY
	17h00 - 17h45 BOXING FURY
	17h15 - 18h15 CROSS TRAINING
	17h45 - 18h30 BOXING FURY
	18h15 - 19h15 CROSS TRAINING
17h00 - 17h45 BODY SCULPT	18h15 - 19h15 BIKING BURN
17h45 - 18h30 CUISSSES ABDOS FESSIERS	18h30 - 19h15 BOXING FURY
18h35 - 19h20 CIRCUIT FORM	19h15 - 20h15 CROSS TRAINING
19h20 - 20h05 LES MILLS BODYCOMBAT	19h15 - 20h00 BOXING FURY
20h15 - 21h00 PILATES	20h00 - 20h45 BOXING FURY
	20h15 - 21h00 LES MILLS RPM

MERCREDI 30

STUDIO 2	MF+
	8h00 - 9h00 CROSS TRAINING
	17h30 - 18h15 CUISSSES ABDOS FESSIERS
	17h30 - 18h30 CROSS TRAINING
	18h15 - 19h00 LES MILLS BODYPUMP
	18h15 - 19h00 LES MILLS RPM
	18h30 - 19h30 CROSS TRAINING
	19h00 - 19h45 MOOVE & DANCE
	19h00 - 20h00 BIKING BURN
	19h30 - 20h30 CROSS TRAINING
	17h30 - 18h30 CROSS TRAINING
	18h30 - 19h30 CROSS TRAINING
	19h00 - 20h00 BIKING BURN
	19h30 - 20h30 CROSS TRAINING
	20h00 - 20h45 CORPS & ESPRIT

JEUDI 31

STUDIO 2	MF+
10h00 - 11h00 PILATES STRETCH	12h30 - 13h15 BOXING FURY
11h00 - 11h30 ABDOS FESSIERS	17h00 - 17h45 BOXING FURY
	17h30 - 18h30 CROSS TRAINING
12h30 - 13h15 CIRCUIT FORM	17h45 - 18h30 BOXING FURY
	18h30 - 19h30 CROSS TRAINING
17h30 - 18h15 INTERVAL TRAINING	18h30 - 19h15 BOXING FURY
18h15 - 19h00 CUISSSES ABDOS FESSIERS	18h00 - 18h45 LES MILLS RPM
19h00 - 19h45 LES MILLS BODYATTACK	19h15 - 20h00 BOXING FURY
	19h00 - 20h00 BIKING BURN
	19h30 - 20h30 CROSS TRAINING
	19h45 - 20h45 YOGA VINAYASA
	20h00 - 20h45 BOXING FURY

VENDREDI 01

STUDIO 2	MF+
FÉRIÉ	
CLUB OUVERT DE 9H00 À 13H00	
SANS COURS COLLECTIFS	

SAMEDI 02

STUDIO 2	MF+
	9h00 - 10h30 Fit Racing
10h30 - 11h15 CUISSSES ABDOS FESSIERS	
11h15 - 12h00 LES MILLS BODYPUMP	12h00 - 13h00 BIKING BURN

DIMANCHE 03

STUDIO 2	MF+
10h30 - 11h00 100% ABDOS	
11h00 - 12h00 INTERVAL TRAINING	
12h00 - 12h30 STRETCH	



RÉSERVATION OBLIGATOIRE
DE TOUS VOS COURS
SUR L'APPLICATION
MAGIC FORM FRANCE

Disponible sur
App Store

DISPONIBLE SUR
Google play

PLANNING SPECIAL VACANCES
DU 28/10/24 AU 03/11/24