

PLANNING FITNESS

MagicForm

CACHAN 2025 / 2026



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

9:30
30' | TAILLE ABDOS

10:00
30' | FESSIERS
CUISSES

10:30
30' | STETCHING

12:15
60' | BODY
BARRE

18:00
45' | CROSS
TRAINING

18H45
30' | TAILLE
ABDOS

19:15
30' | FESSIERS
CUISSES

19:45
60' | ZUMBA

19:45
45' | CYCLING

9:30
45' | BODY
BARRE

10:15
45' | FAC

12:15
30' | TAILLE ABDOS

12:45
30' | FESSIERS CUISSES

17:30
45' | PILATES

18:15
45' | FAC

19:00
45' | CROSS
TRAINING

19:45
45' | BODY JUMP

9:30
60' | YOGA

10:30
60' | PILATES

12:15
60' | YOGA

18:00
45' | FAC

18:45
45' | STEP
NIVEAU 1

19:30
45' | BODY
BARRE

20:15
30' | STRETCHING

9:30
60' | PILATES

10:30
60' | YOGA

17:30
45' | FULL BODY

18:15
30' | MOBILITY

18:45
60' | YOGA

19:15
45' | CYCLING

19:45
60' | ZUMBA

9H30
30' | BODY SCULPT

10H00
30' | ABDOS
FESSIERS

10:30
30' | STRETCHING

12:15
45' | CROSS
TRAINING

18:00
30' | ABDOS
FESSIERS

18:30
45' | STEP
NIVEAU 2

19:15
45' | FAC

20:00
45' | CROSS
TRAINING

11:00
30' | TAILLE
ABDOS

11:30
30' | FESSIERS
CUISSES

12:00
45' | BOXE

10:15
45' | BODY BARRE

11:00
45' | CROSS
TRAINING

11:45
30' | FAC

HORAIRES

LUNDI - MERCREDI-VENDREDI : 9H00 - 21H00

MARDI - JEUDI : 9:00 - 22H00

SAMEDI : 10H - 17H

DIMANCHE : 10H - 14H

PLANNING SUSCEPTIBLE D'ÊTRE MODIFIÉ SANS PREAVIS

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