



PLANNING COURS COLLECTIFS ÉTÉ 2019

DU 08 JUILLET
AU 02 SEPTEMBRE

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI	SAMEDI	
STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 2	
10h45 @ 11h30 CUISSSES ABDOS FESSIERS		11h00 @ 12h00 PILATES				10h15 @ 11h15 PILATES			10h30 @ 11h00 ABDOS FESSIERS	
12h30 @ 13h15 INTERVAL TRAINING		12h30 @ 13h15 LES MILLS BODYBALANCE				12h30 @ 13h15 CUISSSES ABDOS FESSIERS				11h00 @ 11h45 BODY BARRE
17h30 @ 18h00 100% ABDOS										
18h00 @ 18h45 ZUMBA		18h00 @ 18h45 INTERVAL TRAINING		17h30 @ 18h00 ABDOS FESSIERS						
18h45 @ 19h30 LES MILLS BODYCOMBAT		18h45 @ 19h30 CUISSSES ABDOS FESSIERS		18h00 @ 18h45 LES MILLS CXWORX		18h00 @ 18h45 CUISSSES ABDOS FESSIERS		17h30 @ 18h00 ABDOS FESSIERS		
19h30 @ 20h30 YOGA VINYASA	19h45 @ 20h30 CUISSSES ABDOS FESSIERS	19h30 @ 20h15 BODY BARRE		18h45 @ 19h30 PILATES		18h45 @ 19h30 BODY BARRE		18h00 @ 18h45 BODY BARRE		

DIMANCHE

STUDIO 2

10h30 @ 11h00
100% ABDOS
11h00 @ 12h00
INTERVAL
TRAINING
12h00 @ 12h30
STRETCH

COURS SUR RÉSERVATION

Google Play
App Store
INSTALLEZ L'APPLICATION
MAGIC FORM BORDEAUX

RENFORCEMENT MUSCULAIRE
CARDIO TRAINING
ÉTIREMENTS ET POSTURES

BIKE (30 PLACES)
INITIATION BOXE (8 PLACES)
CROSS TRAINING (10 PLACES)

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI		
10h00 @ 10h45 BIKING	8h00 @ 8h45 HBX BOXING 12h30 @ 13h15 CROSS TRAINING	8h00 @ 9h00 CROSS TRAINING 12h30 @ 13h15 BIKING				11h45 @ 12h30 BIKING	
	17h45 @ 18h45 CROSS TRAINING	17h30 @ 18h30 CROSS TRAINING	17h00 @ 18h00 CROSS TRAINING			17h45 @ 18h45 CROSS TRAINING	
18h15 @ 19h00 HBX BOXING 19h00 @ 19h45 BIKING	18h00 @ 18h45 HBX BOXING 18h45 @ 19h45 CROSS TRAINING 18h45 @ 19h30 BIKING	18h30 @ 19h15 BIKING 19h15 @ 20h15 CROSS TRAINING	18h00 @ 19h00 CROSS TRAINING 19h30 @ 20h30 BIKING			18h45 @ 19h45 CROSS TRAINING	

Magic Form

BORDEAUX

OUVERT 7/7
LUNDI AU VENDREDI : 8h00 > 21h30
SAMEDI : 10h00 > 13h00
DIMANCHE : 10h00 > 13h00

09 50 47 14 97

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