

PLANNING COURS COLLECTIFS | À PARTIR DE JANVIER 2019

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 @ 11h15 100% ABDOS		10h00 @ 11h00 PILATES		10h00 @ 10h45 BODY BARRE		9h30 @ 10h15 BODY SCULPT		10h00 @ 10h45 CIRCUIT MINCEUR	9h30 @ 10h30 YOGA VINYASA	
11h15 @ 11h45 STRETCH		11h00 @ 11h30 YOGA STRETCH		10h45 @ 11h15 STEP DÉBUTANT		10h15 @ 11h15 PILATES		10h45 @ 11h15 STRETCH	10h30 @ 11h00 ABDOS FESSIERS	
12h30 @ 13h15 INTERVAL TRAINING		12h30 @ 13h15 LesMILLS BODYBALANCE		11h15 @ 12h00 LesMILLS BODYBALANCE		11h15 @ 11h45 100% ABDOS		12h30 @ 13h15 BODY BARRE	11h00 @ 11h45 BODY BARRE	
16h35 @ 17h20 BODY BARRE		17h00 @ 17h30 STEP DÉBUTANT		16h45 @ 17h00 100% FESSIERS		17h00 @ 17h45 INTERVAL TRAINING		16h45 @ 17h15 ABDOS FESSIERS	DIMANCHE	
17h20 @ 17h50 100% ABDOS		17h30 @ 18h15 BODY SCULPT		17h00 @ 17h45 LesMILLS CXWORX		17h45 @ 18h30 BODY SCULPT	18h00 @ 19h00 POWER YOGA	17h15 @ 18h00 BODY SCULPT	STUDIO 2	
17h55 @ 18h40 ZUMBA		18h15 @ 19h00 ZUMBA		17h45 @ 18h30 STEP INTERMÉDIAIRE	18h00 @ 18h45 LesMILLS BODYBALANCE	18h30 @ 19h15 ZUMBA		18h00 @ 18h45 INTERVAL TRAINING	10h30 @ 11h00 100% ABDOS	
18h45 @ 19h30 LesMILLS BODYCOMBAT	18h45 @ 19h30 BODY SCULPT	19h00 @ 19h45 LesMILLS CXWORX	19h00 @ 19h45 PILATES	18h45 @ 19h30 CUISSSES ABDOS FESSIERS	18h45 @ 19h30 CUISSSES ABDOS FESSIERS	19h30 @ 20h15 LesMILLS BODYCOMBAT		18h45 @ 19h30 STEP DÉBUTANT	11h00 @ 12h00 INTERVAL TRAINING	
19h35 @ 20h15 CUISSSES ABDOS FESSIERS	19h30 @ 20h15 LesMILLS BODYBALANCE	19h45 @ 20h30 LesMILLS BODYCOMBAT		19h30 @ 20h15 BODY BARRE	19h30 @ 20h15 PILATES	20h15 @ 21h00 CUISSSES ABDOS FESSIERS		19h30 @ 20h15 LesMILLS CXWORX	12h00 @ 12h30 STRETCH	
20h20 @ 21h20 YOGA VINYASA		20h30 @ 21h15 CUISSSES ABDOS FESSIERS		20h30 @ 21h00 100% ABDOS		21h00 @ 21h15 STRETCH		20h15 @ 21h15 YOGA HATHA FLOW		

COURS AVEC RÉSERVATION



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 @ 9h00 CROSS TRAINING	8h00 @ 9h00 CROSS TRAINING			
12h30 @ 13h15 CROSS TRAINING	12h30 @ 13h15 CROSS TRAINING	12h30 @ 13h15 BIKING	12h30 @ 13h15 CROSS TRAINING	17h45 @ 18h45 CROSS TRAINING	9h30 @ 10h30 CROSS TRAINING
17h00 @ 18h00 CROSS TRAINING	17h00 @ 18h00 INITIATION CROSS TRAINING	17h45 @ 18h45 CROSS TRAINING	17h00 @ 18h00 CROSS TRAINING	18h00 @ 18h45 INITIATION BOXE	11h45 @ 12h30 BIKING
18h00 @ 18h45 INITIATION BOXE	18h15 @ 19h00 BIKING	17h45 @ 18h30 BIKING	18h00 @ 18h45 BIKING	18h15 @ 19h00 BIKING	
18h00 @ 18h45 BIKING	18h45 @ 19h45 INITIATION CROSS TRAINING	18h45 @ 19h45 CROSS TRAINING	18h00 @ 19h00 CROSS TRAINING	18h45 @ 19h45 CROSS TRAINING	
19h30 @ 20h15 BIKING	19h45 @ 20h30 BIKING	19h45 @ 20h30 BIKING	18h45 @ 19h30 BIKING	19h00 @ 19h45 BIKING	
20h15 @ 21h00 CROSS TRAINING		19h45 @ 20h45 CROSS TRAINING	19h00 @ 20h00 CROSS TRAINING	19h45 @ 20h45 CROSS TRAINING	

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CLUB DE SPORT

OUVERT 7/7
 LUNDI AU VENDREDI : 8h00 > 21h30
 SAMEDI : 09h00 > 16h00
 DIMANCHE : 09h00 > 13h00

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