

PLANNING COURS COLLECTIFS - OCTOBRE 2018

LUNDI			MARDI			MERCREDI			JEUDI		VENDREDI		SAMEDI	DIMANCHE
STUDIO 2	STUDIO 1	SOUS SOLS	STUDIO 2	STUDIO 1	SOUS SOLS	STUDIO 2	STUDIO 1	SOUS SOLS	STUDIO 2	SOUS SOLS	STUDIO 2	SOUS SOLS	STUDIO 2	STUDIO 2
					8h00 - 9h00 CROSS TRAINING			8h00 - 9h00 CROSS TRAINING		8h00 - 9h00 CROSS TRAINING			9h30 - 10h30 CROSS TRAINING	
		10h00 - 10h45 BIKING	10h00 - 11h00 PILATES			10h00 - 10h45 BODY BARRE			9h30 - 10h15 BODY SCULPT		10h00 - 10h45 CIRCUIT MINCEUR		9h30 - 10h30 YOGA VINYASA	10:15 - 11:00 GOOD MORNING
10h45 - 11h15 100% ABDOS			11h00 - 11h30 YOGA STRETCH			10h45 - 11h15 STEP DÉBUTANT			10h15 - 11h15 PILATES		10h45 - 11h15 STRETCH		10h30 - 11h00 ABDOS FESSIERS	11h00 - 12h00 INTERVAL TRAINING
11h15 - 11h45 STRETCH			12h30 - 13h15 LES MILLS BODYBALANCE™			11h15 - 12h00 LES MILLS BODYBALANCE™			11h15 - 11h45 100% ABDOS				11h00 - 11h45 BODY BARRE	12h00 - 12h30 STRETCH
12h30 - 13h15 INTERVAL TRAINING		12h30 - 13h15 CROSS TRAINING				12h30 - 13h15 YOGA VINYASA		12h30 - 13h15 BIKING	12h30 - 13h15 LES MILLS CXWORX™	12h30 - 13h15 CROSS TRAINING	12h30 - 13h15 BODY BARRE		11h45 - 12h30 BIKING	
16h45 - 17h30 BODY BARRE		17h00 - 18h00 CROSS TRAINING	17h00 - 17h30 STEP DÉBUTANT		17h00 - 18h00 INITIATION CROSS TRAINING	16h45 - 17h00 100% FESSIERS		17h45 - 18h45 CROSS TRAINING	17h00 - 17h45 INTERVAL TRAINING	17h00 - 18h00 CROSS TRAINING	16h45 - 17h15 ABDOS FESSIERS	17h45 - 18h45 CROSS TRAINING		
17h30 - 18h00 100% ABDOS			17h30 - 18h15 BODY SCULPT			17h00 - 17h45 LES MILLS CXWORX™		17h45 - 18h45 CROSS TRAINING	17h45 - 18h30 BODY SCULPT	18h00 - 18h45 BIKING	17h15 - 18h00 INTERVAL TRAINING	17h45 - 18h45 CROSS TRAINING		
18h00 - 18h45 ZUMBA		18h00 - 18h45 BIKING	18h15 - 19h00 ZUMBA			17h45 - 18h30 STEP INTERMÉDIAIRE		17h45 - 18h30 BIKING	17h45 - 18h30 BODY SCULPT	18h00 - 18h45 BIKING	18h00 - 18h45 INTERVAL TRAINING	18h15 - 19h00 BIKING		
18h45 - 19h30 LES MILLS BODYCOMBAT™	18h45 - 19h30 BODY SCULPT		18h15 - 19h00 BIKING			18h30 - 19h15 CUISSES ABDOS FESSIERS	18h30 - 19h15 PILATES	18h45 - 19h45 CROSS TRAINING	18h30 - 19h15 ZUMBA	18h00 - 19h00 CROSS TRAINING	18h45 - 19h30 STEP DÉBUTANT	18h45 - 19h45 CROSS TRAINING		
19h30 - 20h15 CUISSES ABDOS FESSIERS	19h30 - 20h15 LES MILLS BODYBALANCE™	19h30 - 20h15 BIKING				19h15 - 20h00 BODY BARRE		19h15 - 20h00 CROSS TRAINING	18h30 - 19h15 ZUMBA	18h00 - 19h00 CROSS TRAINING	18h45 - 19h30 STEP DÉBUTANT	18h45 - 19h45 CROSS TRAINING		
20h15 - 21h15 YOGA VINYASA		20h15 - 21h00 CROSS TRAINING	19h00 - 19h45 LES MILLS CXWORX™	19h00 - 19h45 PILATES		19h15 - 20h00 BODY BARRE		19h15 - 20h00 BIKING	19h30 - 20h15 LES MILLS BODYCOMBAT™	18h45 - 19h30 BIKING	19h30 - 20h15 STEP DÉBUTANT	19h00 - 19h45 CROSS TRAINING		
			19h45 - 20h30 LES MILLS BODYCOMBAT™	19h45 - 20h30 INITIATION BOXE	19h45 - 20h30 BIKING	20h15 - 21h15 YOGA VINYASA		19h45 - 20h45 CROSS TRAINING	20h15 - 21h00 CUISSES ABDOS FESSIERS	19h00 - 20h00 CROSS TRAINING	19h30 - 20h15 LES MILLS CXWORX™	19h00 - 19h45 BIKING		
			20h30 - 21h15 CUISSES ABDOS FESSIERS						21h00 - 21h15 STRETCH	19h00 - 20h00 CROSS TRAINING	20h15 - 21h15 YOGA HATHA FLOW	19h45 - 20h45 CROSS TRAINING		

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- RENFORCEMENT MUSCULAIRE
- CARDIO TRAINING
- ÉTIREMENTS ET POSTURES
- DANSE
- BIKE (30 PLACES)
- INITIATION BOXE (6 PLACES)
- CROSS TRAINING (10 PLACES)