



Magic Form

COURS COLLECTIFS



LUNDI

STUDIO 2	SMALL GROUP
11h00 - 11h45 CUISSES ABDOS FESSIERS	
12h30 - 13h15 INTERVAL TRAINING	
17h15 - 18h00 BODY BARRE	
18h00 - 18h45 LES MILLS BODYBALANCE	
18h45 - 19h30 LES MILLS BODYATTACK	18h00 - 18h45 BIKING
19h30 - 20h15 LES MILLS BODYCOMBAT	18h45 - 19h30 CROSS TRAINING

MARDI

STUDIO 2	SMALL GROUP
10h00 - 11h00 PILATES	
	12h30 - 13h15 BIKING
	17h30 - 18h15 BOXING FORM
	17h45 - 18h45 CROSS TRAINING
17h00 - 17h45 BODY SCULPT	17h45 - 18h30 BIKING
17h45 - 18h45 YOGA VINYASA	18h15 - 19h00 BOXING FURY
18h45 - 19h30 CUISSES ABDOS FESSIERS	18h30 - 19h15 BIKING
19h30 - 20h15 LES MILLS BODYATTACK	18h50 - 19h50 CROSS TRAINING

MERCREDI

STUDIO 2	SMALL GROUP
10h30 - 11h15 BODY SCULPT	
12h30 - 13h30 YOGA VINYASA	
17h15 - 18h00 CUISSES ABDOS FESSIERS	17h30 - 18h30 CROSS TRAINING
18h00 - 18h45 LES MILLS BODYCOMBAT	18h00 - 18h45 BIKING
18h45 - 19h30 BODY BARRE	18h35 - 19h35 CROSS TRAINING
19h30 - 20h15 INTERVAL TRAINING	18h45 - 19h30 BIKING

JEUDI

STUDIO 2	SMALL GROUP
10h00 - 11h00 PILATES STRETCH	
12h30 - 13h15 CIRCUIT FORM	17h30 - 18h15 BOXING FURY
	18h00 - 19h00 CROSS TRAINING
17h15 - 18h00 CUISSES ABDOS FESSIERS	18h00 - 18h45 BIKING
18h00 - 18h45 INTERVAL TRAINING	18h15 - 19h00 BOXING FURY
18h45 - 19h30 LES MILLS BODYJAM	18h45 - 19h30 BIKING
19h30 - 20h15 PILATES	19h05 - 20h05 CROSS TRAINING

VENDREDI

STUDIO 2	SMALL GROUP
17h30 - 18h15 BODY SCULPT	17h30 - 18h30 CROSS TRAINING
18h15 - 19h00 PILATES	18h30 - 19h15 BIKING

SAMEDI

STUDIO 2	SMALL GROUP
10h00 - 11h00 HATHA YOGA	10h00 - 11h00 CROSS TRAINING
11h15 - 12h00 BODY BARRE	12h00 - 12h45 BIKING

DIMANCHE

STUDIO 2	
11h00 - 12h00 INTERVAL TRAINING	
12h00 - 12h30 STRETCH	



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



CLUB OUVERT 7/7
LUNDI AU VENDREDI : 8h00 > 20h30
SAMEDI : 09h00 > 13h00
DIMANCHE : 09h00 > 13h00

09 50 47 14 97

magicform-bordeaux.fr

PLANNING D'ÉTÉ
DU 04/07/22 AU 04/09/22