

# PLANNING COURS COLLECTIFS

À PARTIR DE  
SEPTEMBRE 2019

LUNDI		MARDI		MERCREDI		JEUDI	VENREDI	SAMEDI
STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 2	STUDIO 2
10h50 @ 11h35 CUISSSES ABDOS FESSIERS		10h00 @ 11h00 PILATES		10h00 @ 10h45 LES MILLS BODYBALANCE		10h15 @ 11h15 PILATES	10h00 @ 10h45 CIRCUIT MINCEUR	9h30 @ 10h30 YOGA VINYASA
12h30 @ 13h15 INTERVAL TRAINING		11h00 @ 11h30 YOGA STRETCH		10h45 @ 11h30 BODY BARRE		11h15 @ 11h45 ABDOS FESSIERS	10h45 @ 11h00 ABDOS FLASH	10h30 @ 11h00 ABDOS FESSIERS
16h35 @ 17h20 BODY BARRE		12h30 @ 13h15 LES MILLS BODYBALANCE		12h30 @ 13h15 POWER FLOW YOGA		12h30 @ 13h15 LES MILLS CXWORX	12h30 @ 13h15 BODY BARRE	11h00 @ 11h45 BODY BARRE
17h20 @ 17h50 100% ABDOS		17h00 @ 17h45 BODY SCULPT		16h45 @ 17h00 100% FESSIERS		17h00 @ 17h45 INTERVAL TRAINING	16h45 @ 17h15 ABDOS FESSIERS	
17h55 @ 18h40 ZUMBA		17h45 @ 18h30 LES MILLS BODYCOMBAT	17h45 @ 18h30 CUISSSES ABDOS FESSIERS	17h00 @ 17h30 LES MILLS CXWORX		17h45 @ 18h30 BODY SCULPT	17h15 @ 18h00 BODY SCULPT	
18h45 @ 19h30 LES MILLS BODYCOMBAT	18h45 @ 19h30 BODY SCULPT	18h30 @ 19h00 STEP DEBUTANT	18h45 @ 19h30 PILATES	17h45 @ 18h30 BODY BARRE	17h45 @ 18h30 STEP INTERMEDIAIRE	18h30 @ 19h15 ZUMBA	18h00 @ 18h45 INTERVAL TRAINING	10h30 @ 11h00 100% ABDOS
19h35 @ 20h15 CUISSSES ABDOS FESSIERS	19h30 @ 20h15 LES MILLS BODYBALANCE	19h00 @ 19h45 ZUMBA		18h45 @ 19h30 CUISSSES ABDOS FESSIERS	18h45 @ 19h30 CUISSSES ABDOS FESSIERS	19h30 @ 20h15 LES MILLS BODYCOMBAT	18h45 @ 19h30 STEP DEBUTANT	11h00 @ 12h00 INTERVAL TRAINING
20h20 @ 21h20 YOGA VINYASA		19h45 @ 20h15 LES MILLS CXWORX		19h30 @ 20h15 PILATES		19h30 @ 20h15 LES MILLS BODYCOMBAT	19h30 @ 20h00 LES MILLS CXWORX	12h00 @ 12h30 STRETCH
		20h30 @ 21h15 CUISSSES ABDOS FESSIERS		20h15 @ 21h15 YOGA VINYASA		20h15 @ 21h00 CUISSSES ABDOS FESSIERS	20h15 @ 21h15 YOGA HATHA FLOW	

## 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

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
8h00 @ 8h45 HBX BOXING	8h00 @ 9h00 CROSS TRAINING	8h00 @ 9h00 CROSS TRAINING	8h00 @ 8h45 HBX FUSION		9h30 @ 10h30 CROSS TRAINING
10h00 @ 10h45 BIKING	12h30 @ 13h15 CROSS TRAINING	12h30 @ 13h15 BIKING	12h30 @ 13h15 CROSS TRAINING	12h30 @ 13h15 HBX BOXING	11h45 @ 12h30 BIKING
12h30 @ 13h15 CROSS TRAINING	12h30 @ 13h15 BIKING	12h30 @ 13h15 HBX FUSION	17h00 @ 18h00 CROSS TRAINING	17h45 @ 18h45 CROSS TRAINING	
17h00 @ 18h00 CROSS TRAINING	17h30 @ 18h30 CROSS TRAINING	17h00 @ 17h45 HBX FUSION	18h00 @ 18h45 BIKING	18h00 @ 18h45 HBX FUSION	
18h00 @ 18h45 BIKING	18h00 @ 18h45 BIKING	17h45 @ 18h45 CROSS TRAINING	18h00 @ 19h00 CROSS TRAINING	18h45 @ 19h30 BIKING	
18h00 @ 18h45 HBX BOXING	18h30 @ 19h15 INITIATION BOXE	17h45 @ 18h30 BIKING	18h00 @ 18h45 INITIATION BOXE	18h45 @ 19h45 CROSS TRAINING	
18h45 @ 19h30 HBX BOXING	18h30 @ 19h30 CROSS TRAINING	18h45 @ 19h45 CROSS TRAINING	18h45 @ 19h30 INITIATION BOXE	19h30 @ 20h15 HBX FUSION	
19h30 @ 20h15 BIKING	19h15 @ 20h00 INITIATION BOXE	18h45 @ 19h30 BIKING	18h45 @ 19h30 HBX BOXING	19h45 @ 20h45 CROSS TRAINING	
20h15 @ 21h15 CROSS TRAINING	19h30 @ 20h00 INITIATION CROSS TRAINING	19h30 @ 20h15 HBX FUSION	18h45 @ 19h30 BIKING		
	19h30 @ 20h15 BIKING	19h45 @ 20h45 CROSS TRAINING	19h00 @ 20h00 CROSS TRAINING		
			19h30 @ 20h15 HBX BOXING		

- RENFORCEMENT MUSCULAIRE
- CARDIO TRAINING
- ÉTIREMENTS ET POSTURES
- BIKE (30 PLACES)
- INITIATION BOXE (8 PLACES)
- HBX BOXING & FUSION (6 PLACES)
- CROSS TRAINING (10 PLACES)

# M F

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

09 50 47 14 97

75 Cours d'Albret - 33000 Bordeaux

