

A woman in a blue athletic outfit is captured in a dynamic pose, possibly a squat or lunge, on a sandy beach. She is wearing a blue sports bra and matching shorts, white socks, and white sneakers. Her hair is tied back, and she has a focused expression. The background is a clear blue sky and a vast, flat expanse of sand.

LUNDI		
MAGIC +	MAGIC FULL	
	09h30 - 10h30  HATHA YOGA	12h30 - 13h15 PRÉPA HYROX
17h15 - 18h00  LES MILLS BODYPUMP	18h00 - 18h50  MOOVE & DANCE	17h00 - 18h00  CROSS TRAINING
18h00 - 19h50  LES MILLS BODYATTACK	18h15 - 19h00 LES MILLS RPM 	18h00 - 19h00 HYROX
	19h00 - 20h00  BIKING  BURN	19h00 - 20h00  CROSS TRAINING

MARDI

MAGIC +

10h00 - 11h00

 PILATES

11h00 - 11h30

 ABDOS FESSIERS

20h15 - 21h00

 PILATES

MAGIC FULL

12h30 - 13h15

LES MILLS

RPM

12h30 - 13h15

 BOXING FURY

17h00 - 17h45

 BOXING FURY

17h15 - 18h15

 CROSS TRAINING

17h45 - 18h30

 BOXING FURY

18h15 - 19h15

 CROSS TRAINING

18h30 - 19h15

 BOXING FURY

19h15 - 20h15

 CROSS TRAINING

[illegible]

JEUDI	
MAGIC +	MAGIC FULL
	12h30 - 13h15  BOXING FURY
17h30 - 18h15  INTERVAL TRAINING	17h00 - 17h45  BOXING FURY
18h15 - 19h00  CUISSSES ABDOS FESSIERS	19h00 - 20h00 HYROX
	19h00 - 20h00  BIKING  BURN
	19h00 - 20h00  YOGA VINYASA
	17h45 - 18h30  BOXING FURY
	18h00 - 19h00  CROSS TRAINING
	20h00 - 21h00  CROSS TRAINING

VENDREDI	
MAGIC +	MAGIC FULL
10h30 - 11h30  CAF STRETCH	
12h30 - 13h15  LES MILLS BODYPUMP	
17h30 - 18h15  LES MILLS BODYCOMBAT	
18h15 - 19h00  PILATES	
19h10 - 19h55  STEP	

SAMEDI	
MAGIC +	MAGIC FULL
	09h00 - 10h30 HYROX
	10h00 - 11h00 HATHA  YOGA
11h00 - 11h45  CUISSSES ABDOS FESSIERS	
11h45 - 12h30  LES MILLS BODYPUMP	12h30 - 13h30  BIKING  BURN

DIMANCHE	
MAGIC +	MAGIC FULL
10h30 - 11h00  100% ABDOS	
11h00 - 12h00  INTERVAL TRAINING	
12h00 - 12h30  STRETCH	

PLANNING DU 28 JUILLET AU 03 AOUT 2025



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



 09 50 47 14 97

 75 Cours d'Albret
33000 Bordeaux

OUVERT 7/7

LUNDI AU JEUDI : 7h30 > 21h30

VENDREDI : 7h30 > 21h00

SAMEDI : 09h00 > 14h00

DIMANCHE : 09h00 > 13h00