



PLANNING COURS COLLECTIFS

MagicForm
Troyes

A PARTIR DU 02 JANVIER 2020

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|--------|---------------------------------|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|----------------------------------------|-----------------------------------|-----------------------------------|-----------------------------|
| MATIN | 10h – 10h45 CAF | | 10h – 10h45  ZUMBA | 10h – 10h45 RENFORCEMENT MUSCULAIRE | | 10h15 – 11h15 CAF | 10h15 – 11h BIKING |
| | 10h45 – 11h STRETCHING | | 10h45 – 11h 100% ABDOS | 10h45 – 11h STRETCHING | | 11h15 – 12h15 CIRCUIT TRAINING | 11h – 11h45 ABDOS TAILLE |
| MIDI | 12h30 – 13h15 TOTAL BODY | 12h30 – 13h30  ZUMBA | 12h30 – 13h30 CIRCUIT CARDIO | 12h30 – 13h30 BODY BARRE | 12h30 – 13h30 CIRCUIT TRAINING | | |
| SOIRÉE | | 17h30 – 18h15 RENFORCEMENT MUSCULAIRE | | 17h30 – 18h ABDOS TAILLE | 17h30 – 18h 100% ABDOS | | |
| | 18h30 – 19h15 CAF | 18h15 – 19h CIRCUIT TRAINING | 18h30 – 19h 100% ABDOS | 18h – 19h BODY BARRE | 18h – 18h45 PROPRIOCEPTION | | |
| | 19h15 – 20h15 BIKING | 19h – 19h30 TRX | 19h – 19h45 BIKING | 19h – 19h45 CIRCUIT TRAINING | 19h – 18h45 BIKING | | |
| | 20h15 – 21h15 CROSS TRAINING | 19h30 – 20h15 BIKING | 19h45 – 20h30 CIRCUIT TRAINING | 19h45 – 20h30 CAF | 20h15 – 21h15 CROSS TRAINING | | |
| | 21h15 – 21h30 STRETCHING | 20h15 – 20h30 STRETCHING | | | 19h45 – 20h15 CAF | | |
| | | | | | 20h15 – 20h30 STRETCHING | | |



#resolutionssport

Téléchargez notre application mobile Magic Form France



Pour réserver votre place aux cours de :

- Biking
- Cross Training

Tous les matins à partir de 8h

HORAIRES DU CLUB

SEMAINE 08h-22h
SAMEDI 10h-17h
DIMANCHE 10h-14h

03 25 41 58 58