

PLANNING COURS COLLECTIFS

A PARTIR DU 31 AOUT 2026
★ ACCESSIBLE AVEC ABONNEMENT + & FULL

MagicForm

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
Patricia	Axel & Charlie	Patricia	Aurélien	Aurélien
9h45 (45') BODYSculPT	9h45(45') CAF	09h45 (45') BODYSculPT	10h00 (45') BODY SCULPT	09h45 (60') CAF - CUISSES ABDOS FESSIERS
11h00 (45') PILATES	10h30 (60') PILATES	10h30 (30') ABDOS	10h45(30') 100% FESSIERS	10h45(30') STRETCHING
		11h00(45') STRETCHING	11h15(15') ABDOS	11h15 (15') RELAXATION
Aurélien	Alex	Axel	Charlie	Alex
12h30(45') RENFO	12h30 (45') CIRCUIT TRAINING	12h30 (45') BODY BARRE	12h30 (45') STEP	12h30 (45') CROSS TRAINING
Patricia & Axel	Manon et Axel	Patricia	Patricia	Charlie & Axel
18h00 (45') WOD	17h45(45') RENFO	18h00 (45') STEP NIVEAU 1	18h00 (45') BODY BARRE	17h45 (45') CARDIO BOXE
18h45 (45') BODY BARRE	18h15 (60') HYBRID TRAINING★	18h45 (45') RENFO	18h45 (30') ABDOS	18h30 (60') CIRCUIT TRAINING
19h00 (60') TABATA	19h15(30') ABDOS	19h30 (45') YOGA	19h15 (45') BIKE	18h30 (45') PILATES
19h30 (45') BIKE	18h30 (90') MODERN JAZZ COURS INTERMEDIAIRE★			
	20h00 (90') HEELS COURS INTERMEDIAIRE★			

HORAIRES DU CLUB

LUNDI À VENDREDI 7H00 - 22H00
SAMEDI 9H00 - 19H00
DIMANCHE 9H00 - 17H00

magicformtroyes@gmail.com

06 31 39 13 27

INSTALLEZ L'APPLICATION
MAGIC FORM FRANCE POUR
CONSULTER LE PLANNING ET
RESERVER VOS COURS.

