

PLANNING COURS COLLECTIFS

Magic Form
Troyes

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

MATIN

<i>Flore / Aurélien</i>	<i>Alex</i>	<i>Marine</i>	<i>Aurélien</i>	<i>Aurélien</i>	<i>Alex</i>	<i>Tony</i>
09h45 – 10h30	10h00 – 10h45	10h – 10h45	10h – 10h45	10h – 10h45		
YOGA	RENFO	ZUMBA	BODY SCULPT	CAF		
10h30 – 11h	10h45 – 11h15	10h45 – 11h	10h45 – 11h15	10h45 – 11h15	10h15 – 10h45	10h30 – 11h
SWISS BALL	GYM DOUCE	100% ABDOS	SPÉCIAL FESSIERS	TRAINING POSTURAL	SWISS BALL	BODY BARRE
11h – 11h30		11h – 11h15			10h45 – 11h30	11h – 11h45
STRETCHING		STRETCHING			CAF	TABATA

MIDI

<i>Marine</i>	<i>Alex</i>	<i>Marine</i>	<i>Gaël</i>	<i>Alex</i>
12h30 – 13h15	12h30 – 13h15	12h30 – 13h15	12h30 – 13h15	12h30 – 13h15
ZUMBA	CIRCUIT TRAINING	BODY BARRE	PILATES	CROSS TRAINING

SOIRÉE

<i>Alex</i>	<i>Alex</i>	<i>Marine</i>	<i>Flore / Marine</i> <i>Tony</i>	<i>Abdel</i>
18h – 18h30	18h – 18h45	18h – 18h30	18h30 – 19h30	18h30 – 19h
CAF	RENFO	CAF	YOGA	BODY SCULPT
18h30 – 19h15	18h45 – 19h30	18h30 – 19h15	19h30 – 20h15	19h – 19h15
STEP	BIKING	CARDIO BOXING	ZUMBA	100% ABDOS
19h15 – 20h15	19h30 – 20h	19h15 – 20h	19h30 – 20h30	19h15 – 20h
CROSS TRAINING	100% ABDOS	STEP	CROSS TRAINING	CIRCUIT TRAINING
	20h – 21h			
	CROSS TRAINING			

A PARTIR DU 18 Avril

HORAIRES DU CLUB :

SEMAINE 08h-22h
WEEKEND 10h-18h

06 31 39 13 27

magicformtroyes@gmail.com

Tous les cours collectifs sont sur réservation dès 08h

Téléchargez notre application mobile :

MAGIC FORM FRANCE

