



PLANNING

JOUR	HORAIRES	DISCIPLINE
Lundi	12h - 13h 15h - 16h 18h - 20h 19h - 21h	Cross Training Cross Training BJJ Boxe Anglaise
Mardi	12h - 13h 15h - 16h 18h - 20h 19h - 21h	Cross Training Cross Training Kickboxing Boxe Anglaise
Mercredi	12h - 13h 15h - 16h 18h - 20h 19h - 21h	Cross Training Cross Training BJJ Boxe Anglaise
Jeudi	12h - 13h 15h - 16h 18h - 20h 19h - 21h	Cross Training Cross Training Kickboxing Boxe Anglaise
Vendredi	12h - 13h 15h - 16h 18h - 20h 19h - 21h	Cross Training Cross Training BJJ Boxe Anglaise
Samedi	12h - 13h 15h - 16h 18h - 20h 19h - 21h	Cross Training Cross Training Kickboxing Boxe Anglaise
Dimanche		Repos