

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI
10h00 11h00				10h00 11h00	KARATE CE1/CE2/CM1				
				11h00 11h45	KARATE GS/CP				
12h30 13h30	PREPARATION PHYSIQUE	12h30 13h30	TRAINING BOXING FULL CONTACT	12h00 13h30	SUAPS	12h30 13h30	PREPARATION PHYSIQUE	12h30 13h30	TRAINING BOXING FULL CONTACT
17h00 18h00	FULL CONTACT 6/9 ANS	17h00 17h45	BABY KARATE	17h00 18h00	KARATE CM2>COLLEGE	17h00 18h00	FULL CONTACT 6/9 ANS	17h00 18h00	KARATE CE1/CE2/CM1
18h00 19h00	FULL CONTACT 10/14 ANS	18h00 19h00	TRAINING BOXING FULL CONTACT Ados Adultes	18h00 19h00	FULL CONTACT 10/14 ANS	18h00 19h00	TRAINING BOXING FULL CONTACT Ados Adultes	18h00 19h00	KARATE CM2>COLLEGE
19h00 20h00	TRAINING BOXING FULL CONTACT DEBUTANTS	19h00 20h00	KARATE Ados Adultes	19h00 20h00	TRAINING BOXING FULL CONTACT DEBUTANTS	19h00 20h00	KARATE Ados Adultes	19h00 20h30	FULL CONTACT AVANCES COMPETITEURS
20h00 21h00	FULL CONTACT COMPETITEURS	20h00 21h00	PREPARATION PHYSIQUE	20h00 21h30	FULL CONTACT ADULTES AVANCES	20h00 21h00	KARATE DEFENSE Ados Adultes		