Horaires 2025/2026

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|  | **LUNDI** |  | **MARDI** |  | **MERCREDI** |  | **JEUDI** |  | **VENDREDI** |
| 10h0011h00 |  |  |  |  | KARATECE1/CE2/CM1 |  |  |  |  |
| 11h0011h45 |  |  |  |  | KARATEGS/CP |  |  |  |  |
| 12h3013h30 | PREPARATIONPHYSIQUE | 12h3013h30 | TRAINING BOXINGFULL CONTACTAdultes | 12h3013h30 | PREPARATIONPHYSIQUE | 12h3013h30 |  | 12h3013h30 | TRAINING BOXINGFULL CONTACTAdultes |
|  |  |  |  |  |  | 15h3016h45 | FULL CONTACTEtudiants |  |  |
| 17h0018h00 | Enfants, collégiens. Karaté / Full ContactCOMPETITION | 17h0018h00 | FULL CONTACTCE1>6éme | 17h0018h00 | KARATECM2/5éme | 17h0018h00 | FULL CONTACTCE1>6éme | 17h0018h00 | KARATECE1/CE2/CM1 |
| 18h0019h00 | FULL CONTACTCM2/5éme | 18h0019h00 | FULL CONTACT4éme/Lycéens | 18h0019h00 | FULL CONTACTCM2/5éme | 18h0019h00 | KARATEAdos Adultes | 18h0019h00 | KARATECM2/5éme |
| 19h0020h00 | TRAINING BOXINGFULL CONTACT*Débutants / Initiés* | 19h0020h00 | KARATEAdos Adultes | 19h0020h3021h00 | TRAINING BOXINGFULL CONTACT*Adultes*+*Compétiteurs**19h00/21h00* | 19h0020h00 | FULL CONTACT4ème/Lycéens | 19h0020h30 | FULL CONTACTKARATÉ CONTACT*Initiés**Avancés* |
| 19h0021h00 | FULL CONTACTCompétiteurs  | 20h0020h30 | Katas Adultes | 20h0021h00 | PREPARATIONPHYSIQUE |