

# PLANNING SPORT DE COMBAT

## du 18 au 23 novembre 2019



|       | LUNDI                      | MARDI                         | MERCREDI                     | JEUDI                         | VENDREDI                   | SAMEDI                       |
|-------|----------------------------|-------------------------------|------------------------------|-------------------------------|----------------------------|------------------------------|
| 8:00  |                            |                               |                              |                               |                            |                              |
| 8:45  |                            |                               |                              |                               |                            |                              |
| 10:00 |                            |                               |                              |                               |                            | 10:00-12:00                  |
| 10:30 | Accès libre :              |                               |                              |                               |                            | MMA<br>compétition           |
| 11:00 | lundi 18h45-21h            |                               |                              |                               |                            | 11:00-12:00                  |
| 11:30 | mardi 17h15-21h            |                               |                              |                               |                            | MMA<br>tous niveaux          |
| 12:00 | mercredi 17h45-20h30       |                               |                              |                               |                            | 12:00-13:00                  |
| 12:30 | jeudi 18h15-21h            |                               |                              |                               | 12:30-13:00<br>YOGA        | conditioning<br>tous niveaux |
| 13:00 | vendredi 17h15-20h30       |                               |                              |                               |                            |                              |
| 13:30 | samedi 10h-13h30           |                               |                              |                               |                            |                              |
| 13:30 |                            |                               |                              |                               |                            | FERMETURE                    |
| 15:30 |                            |                               |                              |                               |                            |                              |
| 16:00 |                            |                               |                              |                               |                            |                              |
| 16:30 |                            |                               |                              |                               |                            |                              |
| 17:00 |                            |                               |                              |                               |                            |                              |
| 17:30 |                            | ACCES LIBRE<br>17:30-18:30    |                              | 17:30-18:15                   | ACCES LIBRE<br>17:30-18:30 |                              |
| 18:00 | JJB Kids                   | Boxe Anglaise Kids            | ACCES LIBRE<br>18:00-20:00   | YOGA Kids en anglais          | STRIKING Kids              | KIDS : 7-12 ans              |
| 18:30 |                            |                               | STRIKING<br>GIRL<br>débutant | ACCES LIBRE<br>18:30-19:30    | 18:30-20:00                |                              |
| 19:00 | ACCES LIBRE<br>19:00-20:30 | 19:00-20:30                   |                              | Boxe Anglaise<br>tous niveaux | STRIKING<br>tous niveaux   |                              |
| 19:30 | STRIKING<br>tous niveaux   | Boxe Anglaise<br>tous niveaux | conditioning GIRL *          | 19:30-20:30                   |                            |                              |
| 20:00 |                            |                               |                              | MMA<br>tous niveaux           |                            |                              |
| 20:30 |                            |                               | FERMETURE                    |                               | FERMETURE                  |                              |
| 21:00 | FERMETURE                  | FERMETURE                     |                              | FERMETURE                     |                            |                              |
| 21:30 |                            |                               |                              |                               |                            |                              |
| 22:00 |                            |                               |                              |                               |                            |                              |