

Planning des Cours

Lundi

SAMBO CARDIO

12h30 - 13h30
by Norbert

MUAYTHAÏ & K1

18h00 - 19h30
by Yohan

JUJITSU & SAMBO

19h30 - 21h00
by Norbert

Mardi

MACS7® CARDIO

12h00 - 13h00
by René

MACS7® CARDIO

13h00 - 14h00
by René

BOXING GIRLS

18h00 - 19h00
by François

SELF DEFENSE

19h00 - 20h00
by Norbert

BOXE ANGLAISE

19h00 - 20h30
by François

Mercredi

BABY FIGHT 4-6

10h00 - 11h00
by Norbert & François

FIGHTING KIDS 7-9

11h00 - 12h00
by François

BOXING CARDIO

12h00 - 13h00
by Babac

BOXE ANGLAISE

13h00 - 14h00
by François

FIGHTING KIDS 10-12

14h00 - 15h00
by Norbert & François

FIGHTING KIDS 13-15

15h00 - 16h30
by Norbert & François

MUAYTHAÏ & K1

18h30 - 20h00
by Karim

Jeudi

MACS7® CARDIO

12h00 - 13h00
by René

MACS7® CARDIO

13h00 - 14h00
by René

MACS7® MUSCU

16h00 - 17h00
by René

BOXING CARDIO

18h00 - 19h30
by François

SELF DEFENSE

18h30 - 19h30
by Norbert

BOXE ANGLAISE

19h30 - 21h00
by François

Vendredi

KICK CARDIO

12h30 - 13h30
by Yohan

BOXING GIRLS

18h00 - 19h00
by Babac

MUAYTHAÏ & K1

19h00 - 20h30
by Karim

Samedi

FIGHTING KIDS 10-15

11h00 - 12h00
by Norbert