

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
8h						
9h					CROSSFIGHTING TRAINING 9h00-10h00	
10h		CROSSFIGHTING TRAINING 10h-11h		KICKBOXING ATELIERS 10h-11h30	GYM ENTRETIEN ADAPTEE 10h15-11h15	HIDEFENDER HIIT ORIGINE 10h-10h30
11h		BODY SCULT 12h15-13h Renforcement				HIDEFENDER HIIT ORIGINE 10h30-11h00
12h	HIDEFENDER HIIT 12h15-12h45		BODY SCULT 12h15-13h Renforcement	CROSSTRaining 12h15 -13h15		RELAXATION ETIREMENTS 11h15-11h45
13h	HIDEFENDER HIIT 12h45-13h15					
14h						
15h			SELF DEFENSE-BOXE URBAINE ADOS 15h45-16h45			
16h						
17h	HIDEFENDER HIIT 17h-17h30					
17h30	HIDEFENDER HIIT 17h30-18h	MUSCULATION 17h30-18h15		CUISSES ABDOS FESSIERS 17h30 -18h15	MUSCULATION 17H15-18H	
18h	BOXE URBAINE-ART MARTIAL MIXTE - SELF DEFENSE 18h00-19h30	CROSSFIGHTING TRAINING 18h30-19h30	CROSSFIGHTINGTECHNIQUE 18h30-19h30	CROSSFIGHTING TRAINING 18h30-19h30	KICKBOXING FULL CONTACT 18h-19h30	
19h30						

