



Planning des cours collectifs - SAISON 2024

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
7h - 8h	Coaching Individuel	Coaching Individuel	Coaching Individuel	Coaching Individuel	Coaching Individuel	Coaching Individuel
8h - 9h	Coaching Individuel	Coaching Individuel	Coaching Individuel	Coaching Individuel	Coaching Individuel	Coaching Individuel
9h - 10h	Coaching Individuel	Coaching Individuel	Coaching Individuel	Coaching Individuel	Coaching Individuel	Coaching Individuel
10h - 11h	Coaching Individuel	Coaching Individuel	Coaching Individuel	Coaching Individuel	Coaching Individuel	SELF / KRAV MAGA
11h - 12h	Coaching Individuel	Coaching Individuel	Coaching Individuel	Coaching Individuel	Coaching Individuel	BOXE PIEDS/POINGS
12h30 13h30	BOXE THAI Coach : Diane	BOXING BAG Coach : Diane	BOXE THAI Coach : Mheidy	BOXING BAG Coach : Rémi	CIRCUIT TRAINING Coach : Rémi	
14h - 15h	Coaching Individuel	Coaching Individuel	Coaching Individuel	Coaching Individuel	Coaching Individuel	
15h - 16h	Coaching Individuel	Coaching Individuel	Coaching Individuel	Coaching Individuel	Coaching Individuel	
16h - 17h	Coaching Individuel	Coaching Individuel	Coaching Individuel	Coaching Individuel	Coaching Individuel	
17h - 18h	Coaching Individuel	Coaching Individuel	MULTI BOXES ADO Coach : Jean-Jacques & Julien	Coaching Individuel	Coaching Individuel	
18h - 19h	BOXE THAI Coach : Diane	Coaching Individuel	BOXING GIRL Coach : Diane	BOXE ANGLAISE Coach : Mheidy	BOXING BAG Coach : Diane	
19h - 20h	CIRCUIT TRAINING Coach : Rémi	BOXE ANGLAISE Coach : Mheidy	BOXING BAG Coach : Jean-Jacques	SELF / KRAV MAGA Coach : Julien	BOXE THAI 1h15 Coach : Diane	
20h - 21h	SELF / KRAV MAGA	KARATE CONTACT Coach : Jean-Jacques	KICK BOXING Coach : Jean-Jacques			
21h - 22h		KICK BOXING Coach : Jean-Jacques				