



LUNDI			MARDI			MERCREDI			JEUDI			VENDREDI			SAMEDI							
TATAMI	CAGE	STUDIO BIKE	TATAMI	CAGE	STUDIO BIKE	TATAMI	CAGE	STUDIO BIKE	TATAMI	CAGE	STUDIO BIKE	TATAMI	CAGE	STUDIO BIKE	TATAMI	CAGE	STUDIO BIKE					
7H	COACHINGS PRIVES ET GROUPEES - SUR RESERVATION																	7H				
9H 9h15						BURN ABS						C.A.F			WOD (Cage)							
10H 10h30																		STRIKE				
11H																		FIGHT CLUB				
12h30	WOD (Tatami)	INTERVAL BOXING		BIKING		WOD (Cage)		BAG					WOD (Cage)	BIKING		12h30						
13H 13h15																		13H 13h15				
14H	COACHINGS PRIVES ET GROUPEES - SUR RESERVATION					KIDS 5 - 8	COACHINGS PRIVES ET GROUPEES - SUR RESERVATION											KIDS 5 - 8	14H			
15H30						KIDS 9 - 13												KIDS 9 - 13	15H30			
16H						KIDS 9 - 13												KIDS 9 - 13	16H			
17h	C.A.F		BURN ABS			WOD (Tatami)			BURN ABS			C.A.F			WOD (Cage)						17h	
17h45																						
18h15																						
18h30	WOD (Tatami)	WOD (Tatami)		WOD (Tatami)		INTERVAL BOXING		BIKING		WOD (Cage)					18h15 18h30							
19H	STRIKE		BIKING		BAG		STRIKE					BIKING		BAG		19H						
19h45	WOD (Cage)					WOD (Cage)					WOD (Cage)					19h45						
21h																		21h				