

**SAISON 2021 – 2022**



# PLANNING OLD SCHOOL BOXING GYM

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
Open salle / Cours particuliers <b>10h – 12h30</b>	Open salle / Cours particuliers <b>10h – 11h</b>	Open salle / Cours particuliers <b>10h – 11h30</b>	Open salle / Cours particuliers <b>10h – 11h</b>	Open salle / Cours particuliers <b>10h – 11h</b>	Fit-Boxing <b>10h – 11h</b>
Boxing Basics / Technics <b>12h30 – 13h30</b>	Muay Thaï Débutants <b>11h – 12h</b>	Striking Paos <b>11h30 – 12h30</b>	No Gi Thèmes / Sparrings <b>12h30 – 13h30</b>	Muay Thaï Basics / Technics <b>11h – 12h</b>	Striking / MMA Kids <b>11h – 12h</b>
Open Salle	Boxing Bag <b>12h30 – 13h30</b>	Fit-Boxing <b>12h30 – 13h30</b>	Open Salle	Kick Boxing / K-1 <b>12h30 – 13h30</b>	
Classe Pro / Compétiteurs <b>15h – 16h30</b>	Open Salle	MMA Thèmes / Sparrings <b>13h30 – 14h30</b>	Classe Pro / Compétiteurs <b>15h – 16h30</b>	Open Salle	
Open Salle		Striking Kids <b>17h – 18h</b>	Open Salle		
Cross Training <b>18h – 19h</b>	Fit-Boxing <b>18h – 19h</b>	MMA Kids <b>18h – 19h</b>	Cross Training <b>18h – 19h</b>	Fit-Boxing <b>18h – 19h</b>	
MMA Striking <b>19h – 20h</b>	Self Défense <b>19h – 20h</b>	Boxing <b>19h – 20h</b>	No Gi Basics / Technics <b>19h – 20h</b>	Muay Thaï PAM / Clinch <b>19h – 20h</b>	
No Gi / Wrestling / Technics <b>20h – 21h</b>	Muay thaï Sparring thèmes <b>20h – 21h</b>	Lethwei <b>20h – 21h</b>	MMA Shootboxing <b>20h – 21h</b>	Self Défense <b>20h – 21h</b>	

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