

BLACKBOX

FIT & FIGHT

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI SAMEDI

	09:00-09:45 SENIORS		09:00-09:45 SENIORS		09:00-10:00 NO-GI
10:00-13:00 OPEN GYM	10:00-13:00 OPEN GYM	10:00-12:00 OPEN GYM	10:00-13:00 OPEN GYM	10:00-13:00 OPEN GYM	10:00-11:00 BJJ Little & Kids
17:00-18:00 BJJ Little & Kids		17:15-18:00 MUAY THAÏ Little CLASS 5-9ans		17:15-18:00 MUAY THAÏ Little CLASS 5-9ans	11:15-12:15 PILATES
18:00-19:00 BAG CLASS LADIES	18:00-18:30 HIIT	18:00-19:00 MUAY THAÏ Kids 10-15ans	18:00-18:30 HIIT	18:00-19:00 MUAY THAÏ Kids 10-15ans	12:15-13:15 BOXE ANGLAISE
19:15-20:30 MUAY THAÏ	18:30-19:30 BAG CLASS	19:15-20:30 MUAY THAÏ	18:30-19:30 BAG CLASS	19:15-20:30 MUAY THAÏ	13:30-15:00 MMA
20:45-21:45 BOXE ANGLAISE	19:45-20:45 MMA GRAPPLING	20:30-21:00 SPARRING	19:45-20:45 MMA GRAPPLING	20:30-21:00 SPARRING	