

ALMA



PLANNING PROVISOIRE

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

8.30-17.30

Fitness

16.45 - 17.45

Juniors

—

18.00-19.00

**Bag Class
Ladies**

—

19.30+20.30

Muay Thai

—

21.00-22.00

**Boxe
Anglaise**

8.30-17.30

Fitness

17.15 - 18.00

**Little
Dragons**

—

18.30-19.30

Bag Class

—

20.00-21.00

**BJJ
Conditionning**

8.30-17.30

Fitness

16.45 - 17.45

Dragons

—

18.00-19.00

Muay Thai

—

19.30+20.30

Muay Thai

—

21.00-22.00

**Boxe
Anglaise**

8.30-17.30

Fitness

17.15 - 18.00

**Little
Dragons**

—

18.30-19.30

Bag Class

—

20.00-21.00

**BJJ
Conditionning**

8.30-17.30

Fitness

16.45 - 17.45

Dragons

—

18.00-19.00

Muay Thai

—

19.30+20.30

Muay Thai

—

21.00-22.00

**Boxe
Anglaise**

8.30+17.30

Fitness

16.45 - 17.45

Juniors

9.00-11.00

**Hybrid Fighting
Arts (KALI)**

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