

| Heure de début | Durée |
|----------------|-------|
| 08:00          | 15min |

# Sous-sol

Saison 2022/2023

| HEURE | LUNDI        | MARDI                   | MERCREDI         | JEUDI       | VENDREDI       | SAMEDI | DIMANCHE                                  |
|-------|--------------|-------------------------|------------------|-------------|----------------|--------|---|
| 08:00 |              |                         |                  |             |                |        |   |
| 08:15 |              |                         |                  |             |                |        |   |
| 08:30 |              | Nettoyage               |                  | Nettoyage   |                |        |   |
| 08:45 |              |                         |                  |             |                |        |   |
| 09:00 | Krav Ma'Dame |                         |                  |             | Krav Ma'Dame   |        | Entrainement libre pour le KDM - 9H à 12h |
| 09:15 |              |                         |                  |             |                |        |   |
| 09:30 |              |                         |                  |             |                |        |   |
| 09:45 |              |                         | Capoeira baby    |             |                |        |   |
| 10:00 |              |                         |                  |             |                |        | Karaté - Combat                           |
| 10:15 |              |                         |                  |             |                |        |   |
| 10:30 |              |                         | Capoeira enfants |             |                |        |   |
| 10:45 |              |                         |                  |             |                |        |   |
| 11:00 |              |                         |                  |             |                |        | Entrainement libre pour le KDM - 9H à 12H |
| 11:15 |              |                         |                  |             |                |        |   |
| 11:30 |              |                         |                  |             |                |        |   |
| 11:45 |              |                         |                  |             |                |        |   |
| 12:00 |              |                         |                  |             |                |        |   |
| 12:15 |              |                         |                  |             |                |        |   |
| 12:30 |              |                         |                  |             |                |        |   |
| 12:45 |              |                         |                  |             |                |        |   |
| 13:00 |              |                         |                  |             |                |        |   |
| 13:15 |              |                         |                  |             |                |        |   |
| 13:30 |              |                         |                  |             |                |        |   |
| 13:45 |              |                         |                  |             |                |        |   |
| 14:00 |              |                         |                  |             |                |        |   |
| 14:15 |              |                         |                  |             |                |        |   |
| 14:30 |              |                         |                  |             |                |        |   |
| 14:45 |              |                         |                  |             |                |        |   |
| 15:00 |              |                         |                  |             |                |        |   |
| 15:15 |              |                         |                  |             |                |        |   |
| 15:30 |              |                         |                  |             |                |        |   |
| 15:45 |              |                         |                  |             |                |        |   |
| 16:00 |              |                         |                  |             |                |        |   |
| 16:15 |              |                         |                  |             |                |        |   |
| 16:30 |              |                         |                  |             |                |        |   |
| 16:45 |              |                         |                  |             |                |        |   |
| 17:00 |              |                         |                  |             |                |        |   |
| 17:15 |              |                         |                  |             |                |        |   |
| 17:30 |              |                         |                  |             |                |        |   |
| 17:45 |              |                         |                  |             |                |        |   |
| 18:00 |              | Krav Maga Ados          |                  | Judo Moyens | Krav Maga Ados |        |   |
| 18:15 |              |                         |                  |             |                |        |   |
| 18:30 |              |                         |                  |             |                |        |   |
| 18:45 |              |                         |                  |             |                |        |   |
| 19:00 | Boxe Thaï    |                         |                  | Boxe Thaï   | Qi Gong        |        |   |
| 19:15 |              |                         |                  |             |                |        |   |
| 19:30 |              | Capoeira Ados & Adultes |                  |             |                |        |   |
| 19:45 |              |                         |                  |             |                |        |   |
| 20:00 |              |                         |                  |             |                |        |   |
| 20:15 |              |                         | Krav Maga        |             | Krav Maga      |        |   |
| 20:30 |              |                         |                  |             |                |        |   |
| 20:45 |              |                         |                  |             |                |        |   |
| 21:00 |              |                         |                  |             |                |        |   |
| 21:15 |              |                         |                  |             |                |        |   |
| 21:30 |              |                         |                  |             |                |        |   |
| 21:45 |              |                         |                  |             |                |        |   |
| 22:00 |              |                         |                  |             |                |        |   |

# Planification

25/10/2020

| HEURE | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
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