

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
12:30	CROSS FIGHT 45'	TRAINING PAOS 45'	CIRCUIT TRAINING 45'	CARDIO FIGHT 45'	CROSS FIGHT 45'	TRAINING PAOS 60'
16:00				CROSS FIGHT 60'		
17:40	CROSS FIGHT 45'	TRAINING PAOS 45'				
18:30	CARDIO FIGHT 45'	CROSS FIGHT 45'	CARDIO FIGHT 45'	CIRCUIT TRAINING 45'	CROSS FIGHT 45'	
19:20	CIRCUIT TRAINING 45'	SUPER WOMAN 45'	CROSS FIGHT 45'	SUPER WOMAN 45'	TRAINING PAOS 45'	
20:10	KICKBOXING FULL CONTACT BOXE 90'	MUAY THAI 90'	KICKBOXING FULL CONTACT BOXE 90'	MUAY THAI 90'		