



SALLE DE BOXE

| LUNDI 9H-22H | MARDI 9H-22H | MERCREDI 9H-22H | JEUDI 9H-22H | VENDREDI 9H-21H | SAMEDI 10H-17H | DIMANCHE 10H-13H |
|--|--|---|--|---|---|-----------------------------|
| CIRCUIT TRAINING FORCE DE L'ORDRE 11H-12H | BOXE FORCE DE L'ORDRE 11H-12H | | BOXE FORCE DE L'ORDRE 11H-12H | | BABY BOXE 10H30-11H30 | |
| CARDIO BOXE 12H-13H | CARDIO BOXE 12H-13H | | CARDIO BOXE 12H-13H | MULTI-BOXE 12H-13H30 | BOXE ENFANT 11H30-12H30 | |
| | | BABY BOXE 16H-17H | | | BOXE ADOS 15H-16H | |
| BOXE ENFANT 17H30-18H30 | BABY BOXE 17H30-18H30 | BOXE ENFANT 17H-18H | | | BOXE COMPETITEURS (SPARRING) 16H-17H30 | |
| KICK/THAI 19H-20H30 | BOXE ANGLAISE 19H-20H15 | BOXE ADOS 18H15-19H15 | KICK/THAI 19H-20H30 | SPARRING LOISIR MULTI-BOXE 19H-20H30 | | |
| BOXE ANGLAISE 20H30-22H | KICK/THAI 20H15-21H30 | AERO BOXE (FEMMES) 19H30-20H30 | BOXE ANGLAISE 20H30-22H | | | |



SALLE DE CROSS TRAINING

| LUNDI 9H-22H | MARDI 9H-22H | MERCREDI 9H-22H | JEUDI 9H-22H | VENDREDI 9H-21H | SAMEDI 10H-17H | DIMANCHE 10H-13H |
|---|---|---|---|---|---------------------------|--|
| | | | | <p>SPORT SANTE 11H-12H</p>  | | <p>RUNNING PARC DE SCEAUX 11H</p>  |
| <p>FUNCTIONNAL TRAINING GYM/HALTERO LUDO 18H15/19H15</p> | | <p>FUNCTIONNAL TRAINING ENDURANCE LUDO 18H-19H</p> | | | | |
| <p>CROSS TRAINING JO 19H15-20H15</p> | <p>FUNCTIONNAL TRAINING TEAM LUDO 19H-20H</p> | <p>FUNCTIONNAL TRAINING ENDURANCE LUDO 19H15-20H15</p> | <p>CROSS TRAINING JO 19H-20H</p> | <p>RÉATHLÉTISATION COACHING INDIVIDUALISÉ JÉRÔME ENTRE 19H-21H</p> | | |
| | <p>FUNCTIONNAL TRAINING GYM LUDO 20H15-21H15</p> | | <p>FUNCTIONNAL TRAINING HALTERO LUDO 20H15-21H15</p> | | | |

