

## PLANNING 2021 - 2022

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
	RDC	1er	RDC	1er	RDC	1er	RDC	1er	RDC	1er	RDC	1er	RDC	1er
9:30														
10:00														
10:30				GRAPPLING + LUTTE										
11:00														WRESTLING KIDS
11:30					BOXE ANGLAISE						MMA KID	BABY MMA		
12:00														WRESTLING ADOS
12:30			BOXE ANGLAISE	FITNESS DEBUTANT					GRAPPLING + LUTTE		MMA ADO	MMA ADO		
13:00				FITNESS INTERMEDIAIRE										
13:30														
14:00	MMA PRO +77Kg				BABY MMA			MMA PRO -77Kg			MMA TOUS NIVEAUX	FITNESS DEBUTANT		
14:30			MMA PRO									FITNESS INTERMEDIAIRE		
15:00					MMA KID									
15:30	MMA PRO -77Kg							MMA PRO +77Kg				FITNESS CONFIRME		
16:00					MMA ADO	MMA ADO								
16:30														
17:00														
17:30			MMA TOUS NIVEAUX			MMA ADO		MMA ADO (COMPETITION)						
18:00														
18:30				BOXE ADO		FITNESS INTERMEDIAIRE				MMA ADO				
19:00														
19:30	MMA TOUS NIVEAUX					FITNESS CONFIRME		MUAY THAI		MMA PRO & MMA AMATEUR				
20:00														
20:30														
21:00										MUAY THAI				
21:30	MUAY THAI	GRAPPLING + LUTTE												
22:00								MMA TOUS NIVEAUX						
22:30														

