



# PLANNING 2025 -2026

modifié à/c du 3/11/2025



| LUNDI                                 | MARDI                             | MERCREDI                              | JEUDI                                 | VENDREDI                              | SAMEDI                                                                                   |
|---------------------------------------|-----------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|------------------------------------------------------------------------------------------|
| COACHING PRIVE                        | COACHING PRIVE                    | COACHING PRIVE                        | COACHING PRIVE                        | COACHING PRIVE                        | 11:00-13h00<br>MMA avancé/compet                                                         |
|                                       |                                   | 15:30-17:00<br>MMA ADO                |                                       |                                       |                                                                                          |
| 17:00-22:00<br>ACCES LIBRE            | 17:00-22:00<br>ACCES LIBRE        | 17:15-18:30<br>MMA kids               | 17:15-18:15<br>MMA KIDS (kick boxing) | 17:00-21:00<br>ACCES LIBRE            |                                                                                          |
| 17:30-18:30<br>MMA KIDS (grappling)   | 18:15-19:30<br>MMA                | 18:30-20:00<br>STRIKING DEFENSE GIRLS | 18:15-19:30<br>MMA                    | 17:45-19:15<br>MMA ADO                |                                                                                          |
| 18:30-19:30<br>STRIKING (kick boxing) | 19:30-20:30<br>Boxe Anglaise      | 20:00-21:45<br>MMA sparrings          | 19:30-20:30<br>Boxe Anglaise          | 19:15-20:15<br>STRIKING (kick boxing) |                                                                                          |
| 19:30-20:15<br>CARDIO TRAINING        | 20:30-22:00<br>STRIKING sparrings |                                       | 20:30-22:00<br>JJB no GI              | 20:15-20:45<br>CARDIO TRAINING        | MMA kids : à partir de 6 ans<br>MMA ado : 10 - 14 ans<br>MMA adulte : à partir de 15 ans |
| 20:15-21:45<br>JJB GI                 |                                   |                                       |                                       |                                       |                                                                                          |