Horaires 2024/2025

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|  | **LUNDI** |  | **MARDI** |  | **MERCREDI** |  | **JEUDI** |  | **VENDREDI** |
| 10h00  11h00 |  |  |  |  | KARATE  CE1/CE2/CM1 |  |  |  |  |
| 11h00  11h45 |  |  |  |  | KARATE  GS/CP |  |  |  |  |
| 12h30  13h30 | PREPARATION  PHYSIQUE | 12h30  13h30 | TRAINING BOXING  FULL CONTACT  Adultes | 12h30  13h30 | PREPARATION  PHYSIQUE | 12h30  13h30 |  | 12h30  13h30 | TRAINING BOXING  FULL CONTACT  Adultes |
|  |  |  |  |  |  | 15h30  16h45 | FULL CONTACT  Etudiants |  |  |
| 17h00  18h00 | KARATE  COMPETITION | 17h00  18h00 | FULL CONTACT  CE1>6éme | 17h00  18h00 | KARATE  CM2/5éme | 17h00  18h00 | FULL CONTACT  CE1>6éme | 17h00  18h00 | KARATE  CE1/CE2/CM1 |
| 18h00  19h00 | FULL CONTACT  CM2/5éme | 18h00  19h00 | FULL CONTACT  4éme/Lycéens | 18h00  19h00 | FULL CONTACT  CM2/5éme | 18h00  19h00 | KARATE  Ados Adultes | 18h00  19h00 | KARATE  CM2/5éme |
| 19h00  20h00 | TRAINING BOXING  FULL CONTACT  *Débutants / Initiés* | 19h00  20h00 | KARATE  Ados Adultes | 19h00  20h30  21h00 | TRAINING BOXING  FULL CONTACT  *Adultes*  +  *Compétiteurs*  *19h00/21h00* | 19h00  20h00 | FULL CONTACT  4ème/Lycéens | 19h00  20h30 | FULL CONTACT  KARATÉ CONTACT  *Initiés*  *Avancés* |
| 19h00  21h00 | FULL CONTACT  Compétiteurs | 20h00  20h30 | Katas Adultes | 20h00  21h00 | PREPARATION  PHYSIQUE |