FIGHTNESS
FIGHT CLUB

PLANNING FIGHT

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H00	9H00	9H00	9H00	9H00	9H00
	12H15 BAG BOXING 40 MIN RING ZONE		12H15 BAG BOXING 40 MIN RING ZONE		10H30 MMA AVANCÉ 75 MIN CAGE ZONE
17H30 MMA 75 MIN CAGE ZONE	17H30 BAG BOXING 40 MIN RING ZONE	17H30 BOXE ANGLAISE 75 MIN RING ZONE	17H30 KICK BOXING 75 MIN CAGE ZONE	17H30 KICK BOXING AVANCÉ 75 MIN CAGE ZONE	
18H50 BOXE ANGLAISE 75 MIN CAGE ZONE	17H30 KICK BOXING 75 MIN CAGE ZONE	17H30 MMA 75 MIN CAGE ZONE	18H50 GRAPPLING 75 MIN CAGE ZONE	18H50 BOXE ANGLAISE AVANCÉ 75 MIN RING ZONE	
19H BAG BOXING 40 MIN RING ZONE	18H15 BAG BOXING 40 MIN RING ZONE	18H50 MMA 75 MIN CAGE ZONE	19H BAG BOXING 40 MIN RING ZONE		
19H45 BAG BOXING 40 MIN RING ZONE	18H50 KICK BOXING 75 MIN CAGE ZONE		19H45 BAG BOXING 40 MIN RING ZONE		
20H10 BOXE ANGLAISE 75 MIN CAGE ZONE	20H10 GRAPPLING 75 MIN CAGE ZONE				
22H00	22H00	22H00	22H00	22H00	18H00