DOJO

ANNEE : 2021/2022

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
8H	JUDO	KARATE	JUDO	KARATE	JUDO	KARATE	JUDO	KARATE	JUDO	KARATE	JUDO	KARATE	JUDO	KARATE
15														
30	8H30		8H30		8H30		8H30		8H30					
45														
9H														
15												9H		
30													COMPETITION OU	
45														
10H														
15	COLLEGE		COLLEGE		COLLEGE		COLLEGE		COLLEGE		10H			
30													MANIFESTATION	
45												STAGES		
11H														
15											Boxe	ET		
30														
45												PREPA		
12H														
15														
30	12H30		12H30		12H30		12H30		12H30		12h30			
45												COMPETITION		
13H														
15														
30					13h30									
45														
14H	14H		14H			14h	14H		14H					
15														
30						S. Santé 86						STAGES		
45														
15H						15H								
15												ET		
30	COLLEGE		COLLEGE		JUDO		COLLEGE		COLLEGE				COMPETITION OU	
45		15H30 GYM PARKINSON										PREPA. A LA		
16H														
15												COMPETI-		
30		16H30			ENFANTS							TION	MANIFESTATION	
45						16H30								
17H	17H		17H				17H		17H					
15									17H					
30					ET									
45			17H45	17H45						17H30		18H		
18H														
15		18H												
30	18h30		KARATE		ADULTES	KARATE			JUDO	KARATE				
45		Boxe						18H45						
19H	YOGA	19H	19H	KARATE										
15		19H				TOUT	19H			TOUT				
30	19h30		19H					YOGA	ENFANTS					
45	19h30					GRADES		19H45		GRADES				
20H		KARATE					JUDO							
15	Boxe		JUDO				BIEN ETRE	20H						
30			BIEN ETRE											
45			ADULTES											
21H	21H	21H	21H	21H00	21H	21H	21H	21H	21H	21H00				
15														
30														
45														
22H														
15														
30														
45														
23H														