

BOXING&GYM MONTAGNY
HORAIRES DES COURS

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
COACHING		COACHING		COACHING	
	FITNESS BOXE ® 9H/10H00		FITNESS BOXE ® 9H/10H00		MUSCLE PUMP 9H45/10H45
					STRETCHING 11H/11H30
FITNESS BOXE ® 12H15/13H15	FITNESS BOXE ® 12H15/13H15		FITNESS BOXE ® 12H15/13H15	FITNESS BOXE ® 12H15/13H15	
	COACHING	BOXE ANGLAISE ENFANTS (martial boxing)			
		5/9 ans 15H40/16H50			
BOXE ANGLAISE LOISIR ADULTES 18H15/19H30 TRAVAIL DES BASES (martial boxing)		10/13 ans 17H/18H30	CARDIO BOXE ® 18H15/19H45		
	FITNESS BOXE ® 18H/19H15	FITNESS BOXE ® 18H40/19H50		FITNESS BOXE ® 18H/19H15	
HIIT AND CARDIO 18H30/19H30			BOXE ANGLAISE LOISIR ADULTES 20H/21H30 (martial boxing)	BOXE ANGLAISE LOISIRS ADOS uniquement (martial boxing) 19H30/21H00	
NEW CONCEPT "BODY EXPLOSION ®" 20H/21H	BOXE ANGLAISE LOISIRS ADOS/ADULTES (martial boxing) 19H30/21H00	SPARRING BOXE ANGLAISE (martial boxing) 20H/21H30			
FITNESS BOXE ® 20H/21H15		SELF DEFENSE (type krav maga) 20H/21H30	FITNESS BOXE ® 20H/21H15	NEW CONCEPT "BODY EXPLOSION ®" 20H/21H	