

BOXING&GYM MONTAGNY

HORAIRES DES COURS

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
COACHING					
	FITNESS BOXE ® 9H/10H15	COACHING	FITNESS BOXE ® 9H/10H15	COACHING	CARDIO BOXE ®  10H30/12H
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			
		10/13 ans 17H/18H30			
CARDIO BOXE ®  18H/19H30	FITNESS BOXE ® 18H/19H15	FITNESS BOXE ® 18H40/19H50	CARDIO BOXE ®  18H15/19H45	FITNESS BOXE ® 18H/19H15	
BOXE ANGLAISE LOISIR 20H/21H30 (martial boxing)	BOXE ANGLAISE LOISIRS (martial boxing) adultes/ados 19H30/21H00	SPARRING BOXE ANGLAISE (martial boxing) 20H/21H30	BOXE ANGLAISE LOISIR 20H/21H30 (martial boxing)	BOXE ANGLAISE LOISIR 20H/21H30 (martial boxing)	
FITNESS BOXE ® 20H/21H15	NEW CONCEPT "BODY EXPLOSION ®" 20H/21H	SELF DEFENSE (type krav maga) 20H/21H30	FITNESS BOXE ® 20H/21H15	NEW CONCEPT "BODY EXPLOSION ®" 20H/21H	