

# PLANNING SEMAINE FIGHT CLUB MARINA

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
	FULLACTION circuit training 17h-18h	Fight Team Little Champion 5-12 ANS 15H-17H30		FULLACTION circuit training 17h-18h	JIUJITSU BRESILIEN Grappling +10ANS 15h – 16h
MMA SPARRING +12 ans 16h – 18h	MMA 12-16 ANS 18H-19H30	FULLACTION circuit training 17H30-18H30	MMA SPARRING +12 ans 16h – 18h	MMA 12-16 ANS 18H-19H30	MMA SPARRING +12 ans 16h – 17h
FULLACTION circuit training 17h-18h	MMA +16 ANS 19H30-21H30		FULLACTION circuit training 17h-18h	MMA +16 ANS 19H30-21H30	FULLACTION circuit training 17h-18h