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| **ECOLE J. JAURES** | **LUNDI**  (GUILLAUME) | **MARDI**  (ZOUBIR) | **MERCREDI**  (ZOUBIR) | **JEUDI**  (ZOUBIR) | **VENDREDI**  (ZOUBIR) | **SAMEDI** |
|  |  |  | **16H15 / 17H15**  **3 / 7 ANS** |  |  | **10H30 / 11H30**  **CARDIO TRAINING**  **(A CONFIRMER)** |
| **17H30 / 18H30** |  | **5 / 8 ANS** | **17H15 / 18H15**  **8 / 14 ANS** | **5 / 8 ANS** | **7 / 16 ANS**  **Plastron** |  |
|  | **18H45 / 20H15**  **11 ANS / ADULTES**  **Techniques** | **18H30 / 19H30**  **9 / 14 ANS** | **18H15 / 19H30**  **Ados / Adultes**  **COMBATS** | **18H30 / 19H30**  **9 / 14 ANS** | **PLASTRON**  **ADOS/ADULTES** |  | |
| **19H30 / 20H45** |  | **Ados / Adultes**  **LOISIR** | **19H30 / 20H30**  **CARDIO TRAINING** | **Ados / Adultes**  **LOISIR** | **19H30 / 20H30**  **CARDIO TRAINING** |  | |

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| **ECOLE LA PRAIRIE** | **LUNDI**  (ALAIN/ZOUBIR) | **VENDREDI**  (ALAIN) | **ECOLE FABRE** | **LUNDI**  (ZOUBIR/ALAIN) | **MERCREDI**  (ALAIN) | **JEUDI**  (ALAIN) |
|  | **17H15 / 18H15**  **5 / 8 ANS** |  |  | **18H35 / 19H35**  **6 / 12 ANS** | **14H30 / 15H30**  **6 / 12 ANS** | **18H35 / 19H35**  **6 / 12 ANS** |
|  | **18H15 / 19H15**  **9 / 16 ANS** | **17H45 / 18H45**  **7 / 16 ANS** |  | **19H40 /21H00**  **ADOS/ADULTES**  **PLASTRON/LOISIR** |  | **19H40 /21H00**  **ADOS / ADULTES**  **LOISIR** |
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