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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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