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| **ECOLE J. JAURES** | **LUNDI** | **MARDI** | **MERCREDI** | **JEUDI** | **VENDREDI** | **SAMEDI** |
|  |  |  | **15H00 / 15H50**  **5/8 ANS**  **16H00 / 16H50**  **3 / 7 ANS** |  |  | **10H00 / 10H50**  **CARDIO TRAINING** |
|  |  |  | **17H00 / 18H00**  **8 / 14 ANS** |  | **18H30 / 19H20**  **7/14 ANS PLASTRON** |  |
|  | **18H30 / 19H20**  **5/8 ANS** | **18H30 / 19H30**  **9 / 14 ANS** | **18H15 / 19H30**  **Ados / Adultes** | **18H30 / 19H30**  **9 / 14 ANS** | **18H30 / 19H50**  **ADOS / ADULTES**  **PLASTRON** |  | |
|  | **19H30 / 20H45**  **ADOS / ADULTES**  **Techniques** | **19H30 / 20H45**  **ADOS / ADULTES** | **19H40 / 20H30**  **CARDIO TRAINING** | **19H30 / 20H45**  **ADOS/ADULTES** | **20H00 / 20H50**  **CARDIO TRAINING** |  | |

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[**www.taekwondo-toulouse.com**](http://www.taekwondo-toulouse.com) **/** [**kefitaekwondo@gmail.com**](mailto:kefitaekwondo@gmail.com)

**Tél. 06.18.68.34.14 (Zoubir) --- 06.40.15.49.83 (Xavier)**