




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 EDUCATIVE ENFANTS			
		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	COMPETITIONS BOXE AMATEURS
BOXE AMATEURS ET LOISIRS 20H/21H30	BOXE AMATEURS ET LOISIRS adultes/ados	SPARRING BOXE , utilisation espace musculaire et cardio	BOXE AMATEURS ET LOISIRS 20H/21H30	BOXE AMATEURS ET LOISIRS adultes/ados	
FITNESS BOXE 20H/21H15	19H30/21H15	20H/21H15	FITNESS BOXE 20H/21H15	19H30/21H00	