



PLANNING

RENNES 2017

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9:00	9:00	9:00	9:00	9:00	10:00
12:30 - 12:50 HIT FIT 20'	12:30 - 13:00 SPEED BAG 30'	12:30 - 13:00 FIT WOD 30'	12:30 - 13:15 STRIKE 45'	12:30 - 13:00 FIT WOD 30'	11:30 - 12:30 MMA 60'
18:00 - 19:00 MMA 60'	18:00 - 18:20 HIT FIT 20'	15:00 - 16:00 MMA KIDS 60'	18:15 - 18:45 FIT WOD 30'	17:15 - 18:15 MMA KIDS 60'	12:30 - 13:00 FREE TURN 30'
19:00 - 19:30 FREE TURN 30'	18:30 - 19:15 BAG GIRLY 45'	18:00 - 18:30 SPEED BAG 30'	18:30 - 19:00 SPEED BAG GIRLY 30'	18:30 - 19:00 FIT WOD 30'	15:00
19:15 - 19:45 DYNAMIC STRIKE 30'	18:30 - 19:30 JJB 60'	18:30 - 19:30 MMA 60'	19:00 - 20:00 JJB NO GI 60'		
20:00 - 20:30 FIT WOD 30'	19:30 - 20:00 FREE TURN 30'	19:30 - 20:00 FREE TURN 30'	19:15 - 20:00 BAG 45'		ACCÈS LIBRE :  
22:00	22:00	22:00	22:00	21:00	