

Programme Kenpokan Dojo

|       |  | Lundi                | Mardi                 | Mercredi                   | Jeudi           | Vendredi            | Samedi                       |
|-------|--|----------------------|-----------------------|----------------------------|-----------------|---------------------|------------------------------|
| 10:00 |  |                      |                       |                            |                 |                     |                              |
| 10:30 |  | <b>5 AMINAUX</b>     | <b>YOGA SENIORS</b>   | <b>8 PIECES DE BROCARD</b> |                 | <b>YOGA SENIORS</b> |                              |
| 11:00 |  |                      |                       |                            |                 |                     |                              |
| 11:30 |  |                      |                       |                            |                 |                     |                              |
| 12:00 |  | <b>YOGA</b>          | <b>SELF DEFENSE</b>   | <b>YOGA</b>                |                 | <b>SELF DEFENSE</b> |                              |
| 12:30 |  |                      |                       |                            |                 |                     |                              |
| 13:00 |  |                      |                       |                            |                 |                     |                              |
| 13:30 |  |                      |                       |                            |                 |                     |                              |
| 14:00 |  |                      |                       |                            |                 |                     | <b>TOUTES SECTIONS LIBRE</b> |
| 14:30 |  |                      |                       |                            |                 |                     |                              |
| 15:00 |  |                      |                       |                            |                 |                     |                              |
| 15:30 |  |                      |                       |                            |                 |                     |                              |
| 16:00 |  | <b>KENPO KIDS</b>    | <b>MT KIDS</b>        | <b>KENPO KIDS</b>          |                 | <b>MT KIDS</b>      | <b>TOUTES SECTIONS LIBRE</b> |
| 16:30 |  |                      |                       |                            |                 |                     |                              |
| 17:00 |  | <b>KENPO ADOS</b>    | <b>MT ADOS</b>        | <b>KENPO ADOS</b>          | <b>MMA KIDS</b> | <b>MT ADOS</b>      |                              |
| 17:30 |  |                      |                       |                            |                 |                     |                              |
| 18:00 |  |                      |                       |                            |                 |                     |                              |
| 18:30 |  | <b>KENPO</b>         | <b>MUAY THAI</b>      | <b>KENPO</b>               | <b>MMA</b>      | <b>MUAY THAI</b>    |                              |
| 19:00 |  |                      |                       |                            |                 |                     |                              |
| 19:30 |  |                      |                       |                            |                 |                     |                              |
| 20:00 |  | <b>LIBRE</b>         | <b>MMA</b>            | <b>LIBRE</b>               |                 | <b>MMA</b>          |                              |
| 20:30 |  |                      |                       |                            |                 |                     |                              |
| 21:00 |  |                      |                       |                            |                 |                     |                              |
| 21:30 |  |                      |                       |                            |                 |                     |                              |
| 22:00 |  |                      |                       |                            |                 |                     |                              |
|       |  | <b>KIDS 6-12 ANS</b> | <b>ADOS 13-16 ANS</b> |                            |                 |                     |                              |
|       |  |                      |                       |                            |                 |                     |                              |