



# HORAIRES KENPOKAN DOJO 2025-2026

|       | LUNDI      | MARDI                 | MERCREDI   | JEUDI                       | VENDREDI                    | SAMEDI                          |
|-------|------------|-----------------------|------------|-----------------------------|-----------------------------|---------------------------------|
|       |            |                       |            |                             |                             |                                 |
| 10H30 |            | FightTeam             |            | FightTeam                   |                             |                                 |
| 11H30 |            |                       |            |                             |                             | BJJ KIDS                        |
| 12H30 |            |                       |            |                             |                             |                                 |
| 13H30 |            |                       |            |                             |                             |                                 |
| 14H30 | CHI KUNG   |                       |            | MOBILISATION<br>ARTICULAIRE |                             | OPENMAT                         |
| 15H30 |            |                       |            |                             |                             | OPENMAT                         |
| 16H30 | KENPO KIDS | MT KIDS               | KENPO KIDS | BJJ KIDS                    | MT KIDS                     | PRÉPARATION A<br>LA COMPÉTITION |
| 17H30 | KENPO ADOS | MT ADOS               | KENPO ADOS |                             | MT ADOS                     | PRÉPARATION A<br>LA COMPÉTITION |
| 18H30 | BJJ        | STRETCHING<br>KICKING | BJJ        | BJJ NOGI                    | CONDITIONNEMENT<br>PHYSIQUE |                                 |
| 19H30 | KENPO      | MUAY THAI             | KENPO      | MMA                         | MUAY THAI                   |                                 |
| 20H30 | KENPOFIGHT | SELF DEFENSE          | ARMES      | MMA COMBAT                  | MT COMBAT                   |                                 |