PLANNING DU LADJAL BOXING CLUB
2026/2027

Lundi	*Mardi*	*Mercredi*	*Jeudi*	*Vendredi*	*Samedi*
GYM RENFO Sport santé 9H30-10H30			**GYM RENFO Sport santé 9H30-10H30**		**BABY-BOXING 10H30-11H15**
	KICK ENFANT 18H-19H	**MMA ENFANT 18H-19H**		**MMA ENFANT 18H-19H**	**KICK ENFANT 11H15-12H15**
	MMA 19H15-20H45	**GRAPPLING 19H15-20H45**		**MMA 19H15-20H45**	**CROSS TRAINING 12H15-13H15**
BODY COMBAT 19H30-20H30			**BODY COMBAT 19H30-20H30**		
CROSS TRAINING 20H30-21H30			**CROSS TRAINING 20H30-21H30**		

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