

# HORAIRE DES COURS - WATERLOO

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7:00 7:30		BOXE Fred	BOXE Alex	BOXE Fred			
8:00 8:30	BOXE Alex	BOXE Fred	BOXE Alex	BOXE Fred	BOXE Mayssen		
9:00 9:30	BOXE Alex	BOXE Fred	BOXE Alex	BOXE Fred	BOXE Mayssen		
10:00 10:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	BOXE - ADOS Metin	
11:00 11:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	BOXE Metin	
12:00 12:30						BOXE Metin	
13:00 13:30	BOXE Alex				BOXE Mayssen	SPARRING Metin	
14:00 14:30						BOXE - ENFANTS Metin	
15:00 15:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM			
16:00 16:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM			
17:00 17:30	BOXE - ADOS Mayssen	BOXE - ADOS Alex	BOXE - ADOS Fred	BOXE - ADOS Alex	BOXE - ADOS Philippe		
18:00 18:30	BOXE Mayssen	SPARRING Alex	BOXE Fred	BOXE Alex	BOXE Philippe		
19:00 19:30	BOXE Mayssen	BOXE Alex	BOXE Fred	SPARRING Alex	BOXE Philippe		
20:00 20:30							

