



PLANNING APOLLO 10

LUNDI

7h	8h	9h/11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h
	WAKE UP TRAINING			CIRCUIT TRAINING	BOXE ANGLAISE				LADY BOXING	BOXE ANGLAISE	CIRCUIT TRAINING	SAVATE BOXE FRANCAISE	

MARDI

7h	8h	9h/11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h
	WAKE UP TRAINING			BOXE ANGLAISE	CIRCUIT TRAINING					CIRCUIT TRAINING	SAVATE BOXE FRANCAISE	LADY BOXING	BOXE ANGLAISE

MERCREDI

7h	8h	9h/11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h
				CIRCUIT TRAINING	BOXE ANGLAISE				LADY BOXING	BOXE ANGLAISE	BOXE ANGLAISE	CARDIO BOXING	

JEUDI

7h	8h	9h/11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h
				CIRCUIT TRAINING	BOXE ANGLAISE				CARDIO BOXING	BOXE ANGLAISE	LADY BOXING	CIRCUIT TRAINING	

VENDREDI

7h	8h	9h/11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h
	WAKE UP TRAINING			BOXE ANGLAISE	CIRCUIT TRAINING				LADY BOXING	SAVATE BOXE FRANCAISE	CARDIO BOXING	BOXE ANGLAISE	

SAMEDI

9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h
WAKE UP TRAINING	CARDIO BOXING	BOXE ANGLAISE	LADY BOXING	CIRCUIT TRAINING	BOXE ANGLAISE	LADY BOXING	CARDIO BOXING	CIRCUIT TRAINING					

DIMANCHE

9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h
WAKE UP TRAINING	CIRCUIT TRAINING	LADY BOXING	BOXE ANGLAISE	CARDIO BOXING	LADY BOXING	CIRCUIT TRAINING	SAVATE BOXE FRANCAISE	BOXE ANGLAISE					