

	AQUILA ACADEMY Planning					
	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
16h-17h			Baby Boxing (5/7 ans) Grappling / Lutte 			10h-11h30 Adulte Grappling / Lutte
17h-18h		17h15-18h15 Baby Boxing (5/7 ans) Pieds / Poings 	Baby Boxing (8/10 ans) Grappling / Lutte			
18h-18h30			18h15-19h15 Baby Boxing (8/10 ans) Pieds / Poings			
18h30-20h	 Jeunes (11/15 ans) Pieds / Poings	Pieds / Poings	 Jeunes (11/15 ans) Grappling / Lutte	19h-20h Adulte MMA	 Jeunes (11/15 ans) MMA	
		19h15-20h15 Adulte Pieds / Poings Confirmé				
20h-21h30	Adulte Pieds / Poings Technique	20h15-21h45 Adulte MMA	Adulte Pieds / Poings Ateliers	Adulte Grappling / Lutte	Cours Féminin	

Pieds / Poings (K1, Kick Boxing, Muay Thai)	MMA	Grappling / Lutte
--	-----	-------------------