

HORAIRES	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE	
08:30 - 09:00	ENTRETIEN	ENTRETIEN	ENTRETIEN	ENTRETIEN	ENTRETIEN	COMPETITIONS	COMPETITIONS	
09:00 - 09:30								
09:30 - 10:00								
10:00 - 10:30							COMPETITIONS	Zanchin Karaté Do Estrées Saint Denis
10:30 - 11:00								
11:00 - 11:30								
11:30 - 12:00								
12:00 - 12:30								
12:30 - 13:00								
13:00 - 13:30								
13:30 - 14:00								
14:00 - 14:30								
14:30 - 15:00								
15:00 - 15:30								
15:30 - 16:00								
16:00 - 16:30								
16:30 - 17:00								
17:00 - 17:30								Zanchin Karaté Do Estrées Saint Denis
17:30 - 18:00								
18:00 - 18:30								
18:30 - 19:00								
19:00 - 19:30								
19:30 - 20:00								
20:00 - 20:30								
20:30 - 21:00								
21:00 - 21:30								
21:30 - 22:00								

RESA ASSOS

ENTRETIEN

COMPETITIONS