



THE TEMPLE ACADEMY



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10h - 11h	PREPA PHYSIQUE circuit training	10h - 10h30 Atelier YOGA	CHI QONG	JJB / GRAPPLING LABO	10h - 10h30 Atelier YOGA	KUNG FU ENFANTS
11h - 12h30						WING CHUN self-défense & kali
12h-13h30	JJB DÉFENSE self-défense au sol	WING CHUN bases & drills		WING CHUN bases & chi sao	BOXE DÉFENSE self-défense	
13h - 14h30						WING CHUN ADOS
14h - 15h			KUNG FU ENFANTS			15h - 16h COACHING
15h15-16h45			WING CHUN ADOS			
17h-17h45			BABY KUNG FU			
18h-19h	BOXE ADOS					
19h-20h	BOXE anglaise		CHI SAO mains collantes		BOXE pieds/poing	
20h-21h30	WING CHUN bases & drills		WING CHUN bases & drills	JJB DÉFENSE self-défense au sol	WING CHUN jambes	

