



THE TEMPLE

ARTS MARTIAUX • SPORTS DE COMBAT



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

10H - 11H

PREPA PHYSIQUE
Circuit Training

YOGA
10h - 10h30

CHI QONG

JJB / GRAPPLING
Labo

YOGA
10h - 10h30

KUNG FU
ENFANTS

11H - 12H30

WING CHUN
Self-défense & Kali

12H - 13H30

JJB
Self-défense au sol

WING CHUN
Bases & Drills

WING CHUN
Bases & Chi Sao

BOXE
Self-défense

13H - 14H30

WING CHUN
ADOS

14H - 15H

KUNG FU
ENFANTS

COACHING
15h - 16h

15H15 - 16H45

WING CHUN
ADOS

17H - 17H45

KUNG FU
BABY

18H - 19H

BOXE
ADOS

19H - 20H

BOXE
Anglaise

CHI SAO
Mains Collantes

BOXE
Pieds / Poing

20H - 21H30

WING CHUN
Bases & Self-défense

WING CHUN
Bases & Drills

JJB
Self-défense au sol

WING CHUN
Jambes

144, rue de la Providence, 31500 Toulouse

www.thetemple.fr