



PLANNING – APOLLO SPORTING CLUB

APOLLO KIDS - Tous les mercredis et samedis – Inscription sur contact@apollosportingclub.com

LUNDI

	7h	8h	9h	10h	11h/12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h
10						CIRCUIT TRAINING	BOXE ANGLAISE				LADY BOXING	BOXE ANGLAISE	CIRCUIT TRAINING	SAVATE BOXE FRANÇAISE	
19			YOGA	PILATES		BOXE ANGLAISE	BOXING BAG					BOXING BAG	CIRCUIT TRAINING	BOXE ANGLAISE CONFIRMÉ	

MARDI

	7h	8h	9h	10h	11h/12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h
3						BOXE ANG.	SAVATE - BF								
10		WAKE UP TRAINING				BOXE ANGLAISE	CIRCUIT TRAINING			PILATES	CIRCUIT TRAINING	PILATES	LADY BOXING	BOXE ANGLAISE	
19						CIRCUIT TRAINING	BOXE ANGLAISE				LADY BOXING	BOXE ANGLAISE	SAVATE BOXE FRANÇAISE		

MERCREDI

	7h	8h	9h	10h	11h/12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h
10		PILATES				CIRCUIT TRAINING	BOXE ANGLAISE				LADY BOXING	CIRCUIT TRAINING	BOXE ANGLAISE	CARDIO BOXING	
19						BOXE ANGLAISE	CIRCUIT TRAINING					BOXE ANGLAISE	BOXING BAG	CIRCUIT TRAINING	

JEUDI

	7h	8h	9h	10h	11h/12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h
10		YOGA				CIRCUIT TRAINING	BOXE ANGLAISE				CARDIO BOXING	BOXE ANGLAISE	LADY BOXING	CIRCUIT TRAINING	
19		WAKE UP TRAINING				BOXE ANGLAISE	CIRCUIT TRAINING			YOGA	PILATES	SAVATE - BF	BOXING BAG	FIGHT CLUB (BA)	

VENREDI

	7h	8h	9h	10h	11h/12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h
3															LADY BOX.
10		WAKE UP TRAINING				BOXE ANGLAISE	CIRCUIT TRAINING				LADY BOXING	SAVATE BOXE FRANÇAISE	CARDIO BOXING	CIRCUIT TRAINING	
19						CIRCUIT TRAINING	BOXING BAG					CIRCUIT TRAINING	BOXING BAG	BOXE ANGLAISE	

SAMEDI

	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h
3					BOXE ANGLAISE							
10	WAKE UP TRAINING	CARDIO BOXING	BOXE ANGLAISE	LADY BOXING	CIRCUIT TRAINING	BOXE ANGLAISE	LADY BOXING	CARDIO BOXING	CIRCUIT TRAINING			
19	WAKE UP TRAINING	BOXING BAG	FIGHT CLUB (BA)	CIRCUIT TRAINING	LADY BOXING	BOXE ANGLAISE	CIRCUIT TRAINING	LADY BOXING	BOXING BAG			

DIMANCHE

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



APOLLO 3
2 rue Perrée 75003
Le Carreau du Temple



APOLLO 10
29 rue Jacques Louvel
Tessier 75010



APOLLO 19
3 Quai du Lot 75019