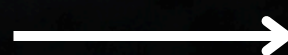


A black and white photograph of two men training on a running track. The man on the left is wearing a dark t-shirt with 'mirate FLY BETTER' and 'TWINS' logos, and boxing gloves. The man on the right is shirtless and also wearing boxing gloves. They are in a boxing stance, facing each other. The background shows a running track with lane markings and a fence in the distance.

PLANNING

DBS FIGHTING

SAISON 2025-2026



PLANNING

TOUS NIVEAUX

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE | | | | |
|-------|--|--|-------------------------------------|--|--|--|---|--|--|--|--|
| 09:00 | INTERVENTION ENTREPRISE / COACHING PRIVÉ | INTERVENTION ENTREPRISE / COACHING PRIVÉ | | INTERVENTION ENTREPRISE / COACHING PRIVÉ | INTERVENTION ENTREPRISE / COACHING PRIVÉ | MMA KIDS (Stéphane) | F E R M É / S T A G E | | | | |
| 09:30 | | | | | | 9h15 - 10h15 | | | | | |
| 10:00 | | | | | | MMA ADO (Stéphane) | | | | | |
| 10:30 | | | | | | | | | | | |
| 11:00 | | | | | | 10h15 - 11h15 | | | | | |
| 11:30 | SUR RÉSERVATION | SUR RÉSERVATION | | SUR RÉSERVATION | SUR RÉSERVATION | | | | | | |
| 11:45 | | | | | | SPARRING MMA | | | | | |
| 12:00 | CRÉNEAU À VENIR | | CRÉNEAU À VENIR | | CRÉNEAU À VENIR | 11h15 - 12h15 | | | | | |
| 12:30 | | | | | | | | | | | |
| 13:00 | | | | | | | | | | | |
| 13:30 | | | | | | | | | | | |
| 14:00 | INTERVENTION ENTREPRISE / COACHING PRIVÉ | INTERVENTION ENTREPRISE / COACHING PRIVÉ | MMA KIDS (Stéphane) | INTERVENTION ENTREPRISE / COACHING PRIVÉ | INTERVENTION ENTREPRISE / COACHING PRIVÉ | INTERVENTION ENTREPRISE / COACHING PRIVÉ | | | | | |
| 15:00 | | | 13h50 - 14h50 | | | | | | | | |
| 16:00 | | | MMA ADO (Stéphane) | | | | | | | | |
| 16:30 | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | |
| 17:30 | SUR RÉSERVATION | SUR RÉSERVATION | 15h00 - 16h00 | SUR RÉSERVATION | SUR RÉSERVATION | SUR RÉSERVATION | | | | | |
| 18:00 | | | | | | | | | | | |
| 18:30 | MMA TOUS NIVEAUX (Stéphane) | MMA FEMININ (Stéphane) | RENFORCEMENT / CARDIO (Stéphane) | LUTA LIVRE (Stéphane) | BOXING FITNESS (Nadjet) | | | | | | |
| 19:00 | 18h30 - 20h00 | 18h30 - 19h45 | 18h00 - 19h00 | 18h30 - 20h00 | 19h00 - 20h00 | | | | | | |
| 19:30 | | | | | | | | | | | |
| 20:00 | LUTA LIVRE (Stéphane) | OPEN MAT / DRILLS MMA | MMA TOUS NIVEAUX (Stéphane) | OPEN MAT / DRILLS MMA | WRESTLING (Adam) | | | | | | |
| 20:30 | | | | | | | | | | | |
| 21:30 | 20h00 - 21h30 | 20h00 - 21h15 | 19h00 - 20h30 | 20h00 - 21h15 | 20h00 - 21h30 | | | | | | |

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LA POINTE, n°67 route du Corbeaulieu 60280 Venette

PLANNING

COMPÉTITEURS

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|-------|-----------------------------|-----------------------|-------------------------------------|-----------------------|------------------|---------------|---|
| 09:00 | | | | | | | F E R M É / S T A G E |
| 09:30 | | | | | | | |
| 10:00 | | | | | | | |
| 10:30 | MMA STRIKING | MMA WRESTLING | | MMA SPARRING À THÈME | MMA GRAPPLING | SPARRING MMA | |
| 11:00 | | | | | | | |
| 11:30 | 10h30 - 11h30 | 10h30 - 11h30 | | 10h30 - 11h30 | 10h30 - 11h30 | 11h15 - 12h15 | |
| 11:45 | CRÉNEAU À VENIR | | CRÉNEAU À VENIR | | CRÉNEAU À VENIR | | |
| 12:00 | | | | | | | |
| 12:30 | | | | | | | |
| 13:00 | | | | | | | |
| 13:30 | | | | | | | |
| 14:00 | | | | | | | |
| 14:30 | | | | | | | |
| 15:00 | | | | | | | |
| 16:00 | | | | | | | |
| 17:00 | | | | | | | |
| 18:30 | MMA TOUS NIVEAUX (Stéphane) | | RENFORCEMENT / CARDIO (Stéphane) | LUTA LIVRE (Stéphane) | | | |
| 19:00 | | | | | | | |
| 19:30 | 18h30 - 20h00 | | 18h00 - 19h00 | 18h30 - 20h00 | | | |
| 20:00 | LUTA LIVRE (Stéphane) | OPEN MAT / DRILLS MMA | MMA TOUS NIVEAUX (Stéphane) | OPEN MAT / DRILLS MMA | WRESTLING (Adam) | | |
| 21:00 | | | | | | | |
| 21:30 | 20H00 - 21h30 | 20h00 - 21h15 | 19h00 - 20h30 | 20h00 - 21h15 | 20h00 - 21h30 | | |

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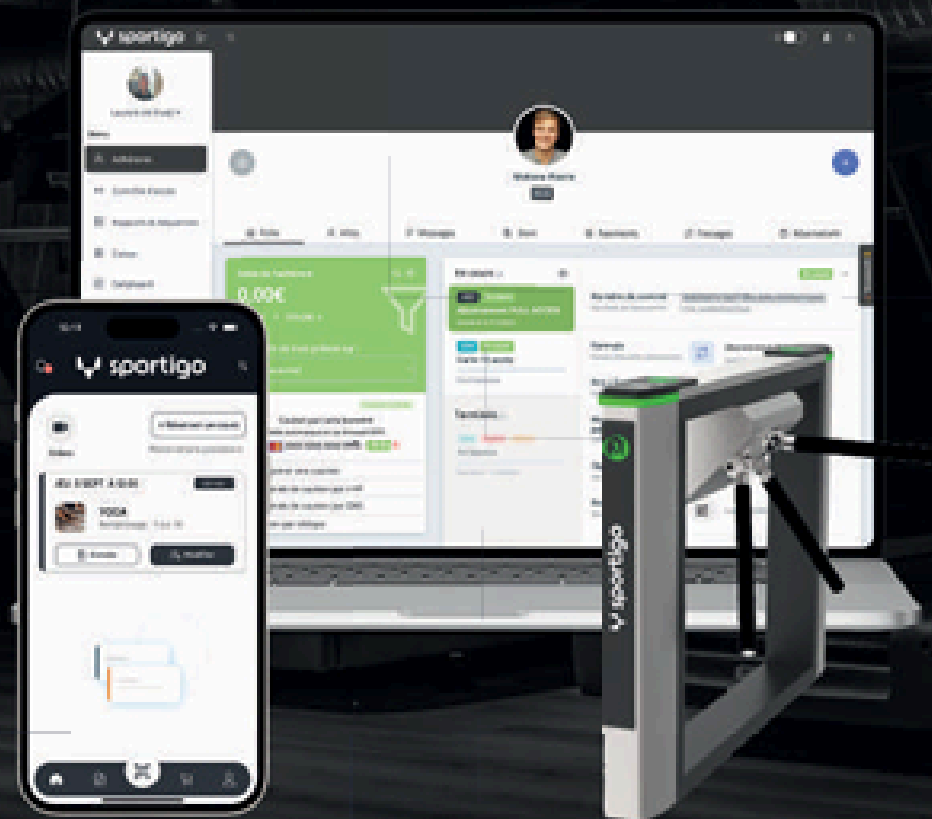


La solution tout-en-un de gestion de club

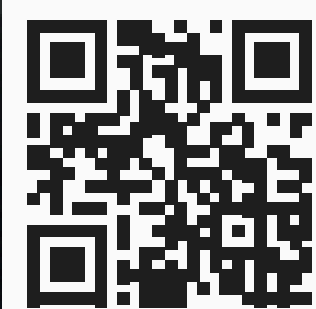
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La solution tout-en-un
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APPLICATION DE RÉSERVATION ET D'ACCÈS AU CLUB