

Salles de sport Bernard Lafay gt; Salle d'arts martiaux  
26, rue Boulay, 75017 Paris

Planning annuel 2023-2024  
Eacute;dition du 08/11/2023

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
07:00							
08:00							
09:00	A* <b>Option DJS</b> RELAXATION	A* <b>PEPS-MDPS</b> JUDO HANDIC	A* <b>Option DJS</b> STRETCHING			A <b>AIKI KAI PEREIRE</b> AIKIDO	
10:00			PP <b>CERENE 17EME</b>	A* <b>Option DJS</b> GYMN DIVERS	A* <b>GYM 17</b> GYMN DIVERS		A ...
11:00	A* <b>INST. EVA</b> <b>RUCHPAUL</b> YOGA	A* <b>GYM 17</b> YOGA				A* <b>NOUVELLE VAGUE</b> GYMN DIVERS	A <b>AIKI KAI PEREIRE</b> AIKIDO
12:00	PP <b>IME HOVIA 17</b>	A <b>PEPS-MDPS</b> JUDO HANDIC		A* <b>DYNAMIQUE</b> <b>YOGA</b> YOGA			A ...
13:00							A <b>SO MUCH POTEN.</b> YOGA
14:00	PP <b>DOPS</b>	PP ... PP ... PP ... PP ...	A* <b>RSI RESSOUR.</b> <b>KIRIKO</b> DECOUVERTE SPORTIVE	PP <b>EMPRO CARDINET</b>		A <b>BUDORYU</b> KARATE	A <b>CPAMV</b> VIET VO DAO
15:00					PP ...		
16:00		PP <b>TAP DJS</b>			PP <b>TAP DJS</b>	A <b>Option DJS</b> ARTS MARTIAUX	
17:00				A <b>Option DJS</b> ARTS MARTIAUX			
18:00	A <b>BUDORYU</b> KARATE	A <b>Option DJS</b> ARTS MARTIAUX	A* <b>NOUVELLE VAGUE</b> GYMN DIVERS		A* ...	A <b>Option DJS</b> VIET VO DAO	
19:00		A* <b>DYNAMIQUE</b> <b>YOGA</b> YOGA	A <b>SHORINJI KEMPO</b> <b>FF</b> KEMPO	A <b>ACADEMIE</b> <b>KARATE-DO</b> KARATE	A* <b>DYNAMIQUE</b> <b>YOGA</b> YOGA		
20:00	A <b>AIKI KAI PEREIRE</b> AIKIDO			A <b>Option DJS</b> VIET VO DAO	A <b>AIKIKAI PARIS</b> <b>BATIGN</b> AIKIDO		
21:00		A <b>ANCIENS ELEVES</b> <b>JCM</b> AIKIDO	A <b>AIKI KAI PEREIRE</b> AIKIDO				
22:00							