

| Pôle Arts martiaux |          |         |           |
|--------------------|----------|---------|-----------|
| Judo               | Lundi    | 18h-20h | CREPS     |
| Kinomichi          | Lundi    | 20h-22h | HCR Dojo  |
| Karaté             | Lundi    | 20h-22h | HCR Danse |
| Full contact       | Mardi    | 18h-20h | HCR Dojo  |
| MMA                | Jeudi    | 18h-20h | GU Dojo   |
| Judo               | Mercredi | 18h-20h | CREPS     |
| Escrime            | Mercredi | 18h-20h |           |
| Aikido             | Mercredi | 20h-22h | HCR Dojo  |
| MMA                | Mercredi | 18h-20h |           |
| Aikido             | Vendredi | 20h-22h |           |
| Karaté             | Vendredi | 20h-22h | HCR Danse |