



*PLEIN AIR / DOMICILE / BUREAU / CLUB*  
**Coaching sportif personnalisé "ONE TO ONE"**

*Planning O.T.O. 2021-2022*

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
<b>6h00</b>	<i>ONE TO ONE WORKOUT &amp; SELF-DEFENSE</i>	<i>ONE TO ONE WORKOUT &amp; SELF-DEFENSE</i>	<i>ONE TO ONE WORKOUT &amp; SELF-DEFENSE</i>	<i>ONE TO ONE WORKOUT &amp; SELF-DEFENSE</i>	<i>ONE TO ONE WORKOUT &amp; SELF-DEFENSE</i>	
<b>7h00</b>	<i>ONE TO ONE WORKOUT &amp; SELF-DEFENSE</i>	<i>ONE TO ONE WORKOUT &amp; SELF-DEFENSE</i>	<i>ONE TO ONE WORKOUT &amp; SELF-DEFENSE</i>	<i>ONE TO ONE WORKOUT &amp; SELF-DEFENSE</i>	<i>ONE TO ONE WORKOUT &amp; SELF-DEFENSE</i>	
<b>8h00</b>						
<b>12h30</b>	<i>ONE TO ONE WORKOUT &amp; SELF-DEFENSE</i>	<i>ONE TO ONE WORKOUT &amp; SELF-DEFENSE</i>		<i>ONE TO ONE WORKOUT &amp; SELF-DEFENSE</i>	<i>ONE TO ONE WORKOUT &amp; SELF-DEFENSE</i>	
<b>13h30</b>						
<b>16h00</b>	<i>ONE TO ONE WORKOUT &amp; SELF-DEFENSE</i>	<i>ONE TO ONE WORKOUT &amp; SELF-DEFENSE</i>		<i>ONE TO ONE WORKOUT &amp; SELF-DEFENSE</i>		
<b>17h00</b>	<i>ONE TO ONE WORKOUT &amp; SELF-DEFENSE</i>	<i>ONE TO ONE WORKOUT &amp; SELF-DEFENSE</i>		<i>ONE TO ONE WORKOUT &amp; SELF-DEFENSE</i>		
<b>18h00</b>	<i>ONE TO ONE WORKOUT &amp; SELF-DEFENSE</i>	<i>ONE TO ONE WORKOUT &amp; SELF-DEFENSE</i>		<i>ONE TO ONE WORKOUT &amp; SELF-DEFENSE</i>		
<b>19h00</b>						