

# LAUSANNE WUSHU ET BOXING INSTITUT Malley, Rue du Grand-Pré 4, 1007 Lausanne

|               | Lundi                                    | Mardi                              | Mercredi                                 | Jeudi                              | Vendredi                      | Samedi                        |
|---------------|--|------------------------------------|--|------------------------------------|-------------------------------|-------------------------------|
| 10:00 - 10:30 |  |                                    |  |                                    |                               | Boxe<br>10:00                 |
| 10:30 - 11:00 |  |                                    |  |                                    |                               | Libre<br>et Sparring<br>11:00 |
| 11:00 - 11:30 |  |                                    |  |                                    |                               |                               |
| 11:30 - 12:00 |  |                                    |  |                                    |                               |                               |
| 12:00 - 12:30 |  | Boxe<br>12:15                      |  | Boxe / Kick<br>12:15               |                               |                               |
| 12:30 - 13:00 |  |                                    |  |                                    |                               |                               |
| 13:00 - 13:30 |  |                                    |  |                                    |                               |                               |
| 13:30 - 14:00 |  |                                    | Wushu<br>6-10 ans 13:30                  |                                    |                               |                               |
| 14:00 - 14:30 |  |                                    | Wushu<br>11-14 ans 14:30                 |                                    |                               |                               |
| 14:30 - 15:00 |  |                                    |  |                                    |                               |                               |
| 15:00 - 15:30 | Boxe<br>15:00                            |                                    |  |                                    | Boxe<br>15:00                 |                               |
| 15:30 - 16:00 |  |                                    |  |                                    |                               |                               |
| 16:00 - 16:30 | Libre<br>16:00                           |                                    | Kickboxing<br>7-10 ans 16:00             |                                    |                               |                               |
| 16:30 - 17:00 |  |                                    |  |                                    | Baby Kung Fu<br>4-6 ans 16:30 |                               |
| 17:00 - 17:30 |  | Boxe<br>Juniors 10-16 ans<br>17:00 | Kickboxing<br>Juniors 10-16 ans<br>17:00 | Boxe<br>Juniors 10-16 ans<br>17:00 |                               |                               |
| 17:30 - 18:00 | Kickboxing<br>Juniors 10-16 ans<br>17:30 |                                    |  |                                    | Wushu<br>7-14 ans 17:30       |                               |
| 18:00 - 18:30 |  | Tai Ji<br>18:00                    | Boxe<br>18:00                            | Boxe<br>18:00                      | Wushu armes                   |                               |
| 18:30 - 19:00 | Kickboxing<br>K1<br>18:30                |                                    |  |                                    |                               |                               |
| 19:00 - 19:30 |  | Libre<br>19:00                     | Boxe<br>19:00                            | Boxe<br>19:00                      | Libre<br>19:00                |                               |
| 19:30 - 20:00 |  |                                    |  |                                    |                               |                               |
| 20:00 - 20:30 | Boxe<br>20:00                            | Self-défense<br>20:00              | Kickboxing<br>Muay Thaï<br>20:00         | Wushu<br>20:00                     |                               |                               |
| 20:30 - 21:00 |  |                                    |  |                                    |                               |                               |
| 21:00 - 21:30 |  |                                    |  |                                    |                               |                               |

# Salle rythmique Bergières, Av. des Bergières 44, 1004 Lausanne

|               | Lundi           | Mardi | Mercredi | Jeudi | Vendredi | Samedi |
|---------------|-----------------|-------|----------|-------|----------|--------|
| 20:00 - 21:00 | Tai Ji<br>20:00 |       |          |       |          |        |