

SEMAINE	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
KICKBOXING	18:30 - 20:00	18:30 - 20:00	18:30 - 20:00	18:30 - 20:00		SPARRING 12:00	
JIU-JITSU	20:00 - 21:30		20:00 - 21:30			SPARRING 12:00	11:00 - 12:00
KID KICKBOXING		17:15 - 18:15		17:15 - 18:15		SPARRING 12:00	
KID JIU-JITSU			17:15 - 18:15			SPARRING 12:00	11:00 - 12:00