



**Fight Force**  
MARTIAL GYM

# PLANNING GRAPPLER

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

10:30

11:00

11:30

12:00

12:30

13:00

13:30

14:00

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15:00

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19:00

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21:00

21:30

22:00

22:30

12:30-13:30  
GRAPPLING

12:30-13:30  
JJB

12:30-13:30  
JJB  
No gi

12:30-13:30  
JJB

12:30-13:30  
JJB

19:00-20:30  
LUTTE GRECO  
ROMAINE

19:00-20:30  
JJB

19:00-20:30  
LUTTE  
LIBRE

19:00-20:30  
JJB

19:00-20:30  
GRAPPLING

20:30-22:00  
JJB  
Open mat

20:30-22:00  
JJB  
No gi