



Fight Force
MARTIAL GYM

PLANNING JIU-JITSU BRESILIEN

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

10:30

11:00

11:30

12:00

12:30

13:00

13:30

14:00

14:30

15:00

15:30

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18:30

19:00

19:30

20:00

20:30

21:00

21:30

22:00

22:30

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
JJB

19:00-20:30
JJB

20:30-22:00
JJB
Open mat

20:30-22:00
JJB
No gi