



Fight Force
MARTIAL GYM

PLANNING MMA

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

09:30

10:30

11:00

11:30

12:00

12:30

13:00

13:30

14:00

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15:00

15:30

16:00

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18:00

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19:00

19:30

20:00

20:30

21:00

21:30

22:00

22:30

10:30-11:30
LUTTE ENFANTS

12:30-13:30
GRAPPLING
MMA

13:00-14:00
LUTTE ENFANTS

12:30-13:30
STRIKING MMA

16:00-17:30
SPARRING
MMA

19:00-20:30
LUTTE GRECO
ROMAINE

19:00-20:30
STRIKING
MMA

19:00-20:30
LUTTE
LIBRE

19:00-20:30
GROUND AND
POUND
MMA

19:00-20:30
GRAPPLING
MMA

20:30-22:00
LIAISONS
MMA