



Fight Force
MARTIAL GYM

PLANNING GRAPPLER

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

10:30

11:00

11:30

12:00

12:30

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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
LIBRE

19:00-20:30
JJB

19:00-20:30
LUTTE
GRECO
ROMAINE

19:00-20:30
JJB

19:00-20:30
GRAPPLING

20:30-22:00
GRAPPLING

20:30-22:00
GRAPPLING