



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

16:00

16:30

17:00

17:30

18:00

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
Open mat

19:00-20:30
JJB

19:00-20:30
JJB

20:30-22:00
JJB
No gi

20:30-22:00
JJB
No gi