

| | lundi | mardi | mercredi | jeudi | vendredi |
|-------------|---------------|---------------|-----------------|---------------|-----------------|
| 14h00-15h00 | | | | | |
| 15h00-16h00 | | | BJJ Kids | | |
| 16h00-17h00 | | | BJJ Junior | | |
| 17h00-18h00 | BJJ Junior | BJJ Kids | Capoeira Kids | BJJ Kids | Capoeira Kids |
| 18h00-19h00 | BJJ GB1* | BJJ GB2* | Capoeira Adulte | BJJ GB2* | Capoeira Adulte |
| 19h00-19h30 | SPARRING BJJ* | SPARRING BJJ* | Capoeira Adulte | SPARRING BJJ* | Capoeira Adulte |
| 19h30-20h00 | SPARRING BJJ* | BJJ GB1* | BJJ GB1* | BJJ GB1* | BJJ GB1* |
| 20h00-20h30 | BJJ GB3* | BJJ GB1* | BJJ GB1* | BJJ GB1* | BJJ GB1* |
| 20h30-21h00 | BJJ GB3* | NoGi* | BJJ GB3* | NoGi* | SPARRING BJJ* |
| 21h00-21h30 | | NoGi* | BJJ GB3* | NoGi* | SPARRING BJJ* |
| 21h30-22h00 | | | | | |