

	lundi	mardi	mercredi	jeudi	vendredi
14h00-15h00					
15h00-16h00			BJJ Kids		
16h00-17h00			BJJ Junior		
17h00-18h00	SPARRING 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 NoGi
21h00-21h30		NoGi*	BJJ GB3*	NoGi*	SPARRING NoGi
21h30-22h00					