

## MONDAY

16.00 - 17.00	Boxing bag	Eri	Training hall 1
18.00 - 19.00	Aikido	Jerdy	Dojo
19.00 - 21.00	Kickboxing	Mourad	Training hall 1
19.00 - 20.00	Jiu Jitsu Do	Marc	Dojo
20.00 - 22.00	Tai Chi	Peter	Dojo

## TUESDAY

17.30 - 19.00	Boxing	Steve/Marc	Training hall 1
19.00 - 20.30	Brazilian Jiu Jitsu	Daniel	Dojo
20.30 - 22.30	Pencak Silat	Dave	Dojo

## WEDNESDAY

18.00 - 19.00	Boxing bag	Marc	Training hall 1
19.00 - 21.00	Judo	Cas	Dojo

## THURSDAY

18.00 - 19.30	Aikido	Jerdy	Dojo
19.30 - 21.00	Kickboxing	Mourad	Training hall 1
20.00 - 22.00	Urban self defense	Dave	Dojo

## FRIDAY

18.00 - 19.30	Boxing	Steve/Marc	Training hall 1
19.00 - 20.30	Grappling	Daniel	Dojo

## SATURDAY

11.00 - 13.00	Brazilian Jiu Jitsu	Daniel	Dojo
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## SUNDAY

No budo classes