

MONDAY

16.00 - 17.00	Boxing bag	Eri	Training hall 1
18.00 - 19.00	Aikido	Jerdy	Dojo
19.00 - 21.00	Kickboxing	Pierre/Aziz	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	Steve/Daniel	Dojo
20.30 - 22.30	Pencak Silat	Dave	Dojo

WEDNESDAY

18.00 - 19.00	Boxing bag	Marc	Training hall 1
18.00 - 19.30	Judo	Cas	Dojo

THURSDAY

18.00 - 19.30	Aikido	Jerdy	Dojo
19.30 - 21.00	Kickboxing	Aziz	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	Steve/Daniel	Dojo
19.30 - 20.30	Naginata	Mark	Training hall 1

SATURDAY

11.00 - 13.00	Brazilian Jiu Jitsu	Steve/Daniel	Dojo
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SUNDAY

No budo classes