

**MONDAY**

|               |              |             |                 |
|---------------|--------------|-------------|-----------------|
| 16.00 - 17.00 | Boxing bag   | Eri         | Training hall 1 |
| 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**

|               |                    |      |                 |
|---------------|--------------------|------|-----------------|
| 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 |
|---------------|---------------------|--------------|------|

**SUNDAY**

No budo classes