

MONDAY

16.00 - 17.00	Boxing Bag	Eri	Training hall 1
18.00 - 19.30	Aikido	Jerdy	Dojo
19.00 - 20.30	Kickboxing	Pierre / Aziz	Training hall 1
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 - 22.00	Pencak Silat	Dave	Dojo

WEDNESDAY

18.00 - 19.30	Judo	Cas	Dojo
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THURSDAY

17.30 - 19.00	Kickboxing	Pierre / Aziz	Training hall 1
18.00 - 19.30	Aikido	Jerdy	Dojo
20.00 - 22.00	Urban Self Defense	David/Franklin	Dojo

FRIDAY

18.00 - 19.30	Boxing	Steve / Marc	Training hall 1
19.00 - 20.30	Grappling	Daniel	Dojo
19.30 - 21.30	Naginata	Mark	Training hall 1

SATURDAY

11.00 - 13.00	Brazilian Jiu Jitsu	Daniel	Dojo
11.00-12.00	Boxing Bag	Marc	Training hall 1
12.00-13.30	Boxing competition training	Steve / Marc	Training hall 1