

MONDAY

18.00 - 19.30	Aikido	Jerdy	Dojo
19.15 - 20.45	Kickboxing*	Pierre/Aziz	Training hall 1

TUESDAY

17.30 - 18.50	Boxing*	Marc/Aziz	Training hall 1
17.45 - 18.45	Brazilian Jiu Jitsu	Daniel	Dojo
19.00 - 20.00	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 - 18.50	Kickboxing*	Pierre/Aziz	Training hall 1
18.00 - 19.30	Aikido	Jerdy	Dojo
20.00 - 21.30	Urban Self Defense	Dave	Dojo

FRIDAY

18.00 - 19.30	Boxing*	Marc/Aziz	Training hall 1
18.15 - 19.15	Grappling	Daniel	Dojo
19.30 - 20.30	Grappling	Daniel	Dojo
19.45 - 21.45	Naginata	Mark	Training hall 1

SATURDAY

11.00 - 13.00	Brazilian Jiu Jitsu	Daniel	Dojo
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Tickets needed for all boxing and budo classes

*Please bring your own gloves during Boxing and Kickboxing.