

## MONDAY

19.15 - 20.05

Fighting Fit

Pierre/Aziz

Training hall 1

## TUESDAY

17.30 - 18.20

Fighting Fit

Marc/Aziz

Training hall 1

## WEDNESDAY

## THURSDAY

17.30 - 18.20

Fighting Fit

Pierre/Aziz

Training hall 1

## FRIDAY

18.00 - 18.50

Fighting Fit

Marc/Aziz

Training hall 1

## SATURDAY

Tickets needed for all boxing and budo classes

\*Please bring your own gloves during Boxing and Kickboxing.