

MONDAY

18:00 - 19:30	Aikido	Jerdy	Dojo
19:15 - 20:45	Boxing*	Marc	Training hall 1
20:00 - 21:30	Tai Chi	Peter	Dojo

TUESDAY

16:30 - 17:20	Boxing Bag*	Aziz	Training hall 1
17:30 - 18:50	Kickboxing*	Aziz	Training hall 1
18:45 - 20:15	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	Boxing*	Marc	Training hall 1
20:00 - 21:30	Urban Self Defense	Dave / Franklin	Dojo

FRIDAY

16:00 - 16:50	Boxing Bag*	Aziz	Training hall 1
17:00 - 18:30	Kickboxing*	Aziz	Training hall 1
19:00 - 20:30	Grappling	Daniel	Dojo
19:45 - 21:45	Naginata	Mark	Training hall 1

SATURDAY

11:00 - 12:30	Brazilian Jiu Jitsu	Daniel	Dojo
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*Bringing your own boxing gloves is mandatory