

Lundi/Monday En Haut/Upstairs	Lundi/Monday En Bas/Downstairs	Mardi/Tuesday En Haut/Upstairs	Mardi/Tuesday En Bas/Downstairs	Mcredi/Wednesday En Haut/Upstairs	Mcredi/Wednesday En Bas/Downstairs	Jeudi/Thursday En Haut/Upstairs	Jeudi /Thursday En Bas/Downstairs	Vendredi /Friday En Haut/Upstairs	Samedi / Saturday En Haut/Upstairs	Samedi / Saturday En Bas/Downstairs
MUAY THAI (ALL LEVELS) 10.30AM-11:30AM (60min)	OPEN GYM 10AM - 12PM	MUAY THAI (ALL LEVELS) 10.30AM -11:30AM (60min)	OPEN GYM 10AM - 12PM	MUAY THAI (ALL LEVELS) 10.30AM-11:30AM (60min)	OPEN GYM 10AM - 12PM	MUAY THAI (ALL LEVELS) 10.30AM-11:30AM (60min)	OPEN GYM 10AM - 12PM	MUAY THAI (ALL LEVELS) 10.30AM-11:30AM (60min)		
Le nouveau programme est en vigueur à compter du samedi 28 Aout 2021		New Schedule in effect as of Saturday August 28th, 2021		Le nouveau programme est en vigueur à compter du samedi 28 Aout 2021		New Schedule in effect as of Saturday August 28th, 2021				
CROSS TRAINING 5:15PM-6PM (45MIN)	OPEN GYM 4PM - 6PM	Jr MUAY THAI (8-12 yr) 4:45PM - 5:45PM (60min)	OPEN GYM 4PM - 6PM	CROSS TRAINING 5:15PM-6PM (45MIN)	OPEN GYM 4PM - 6PM	Jr MUAY THAI (8-12 yr) 4:45PM - 5:45PM (60min)	OPEN GYM 4PM - 6PM	CROSS TRAINING 5:15PM-6PM (45MIN)		
MUAY THAI (LEVEL 2) 6:15 - 7.15pm (60 MIN)	BRAZILIAN JIU JITSU (Gi) 6PM-7:15PM (75 MIN) Gi	MUAY THAI (LEVEL 1) 6.15PM-7:15PM (60 MIN)	BOXING (ALL LEVEL) 6.15PM - 7.15PM (60 MIN)	MUAY THAI (LEVEL 1) 6.15PM-7:15PM (60 MIN)	BRAZILIAN JIU JITSU (Gi) 6PM-7:15PM (75 MIN) Gi	MUAY THAI (LEVEL 2) 6:15 -7.15pm (60 MIN)	BOXING (ALL LEVEL) 6.15PM- 7.15PM (60 MIN)	MUAY THAI (LEVEL 1) 6:15PM - 7:15PM (60 MIN) ***	BOXING (ALL LEVEL) 12PM - 1PM (60 MIN) ***	BRAZILIAN JIU JITSU (Gi) 12PM - 1:30pm (90 MIN) ***
MUAY THAI (LEVEL 1) 7:30PM - 8:45PM (75 MIN)	BOXING (ALL LEVEL) 7:30PM-8.45pm (75 MIN)	MUAY THAI (LEVEL 2) 7:30PM - 8:45PM (75 MIN)	BRAZILIAN JIU JITSU (Gi) 7.30PM-8:45PM (75 MIN) Gi	MUAY THAI (LEVEL 2) 7:30PM - 8:45PM (75 MIN)	BOXING (ALL LEVEL) 7:30PM-8.45pm (75 MIN)	MUAY THAI (LEVEL 1) 7:30PM - 8:45M (75 MIN)	BRAZILIAN JIU JITSU (75 MIN) *No Gi*	MUAY THAI (LEVEL 2) 7:30PM - 8:45PM (60 MIN) ***	COMPETITION TEAMS 1:45PM ***	

