

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
	7:00 - 8:00 JIU-JITSU		7:00 - 8:00 JIU-JITSU		
12:15 - 13:30 JIU-JITSU	12:15 - 13:30 GRAPPLING		12:15 - 13:30 JIU-JITSU	12:15 - 13:30 JIU-JITSU	11:45 - 12:45 INITIATION BJJ 2X / MOIS 13:00 - 15:00 OPEN MAT 2X / MOIS
	18:00 - 19:00 QI-GONG	18:00 - 19:15 JIU-JITSU	18:00 - 19:00 QI-GONG		
19:15 - 20:45 JIU-JITSU	19:15 - 20:45 JIU-JITSU		19:15 - 20:45 JIU-JITSU	19:15 - 20:45 GRAPPLING	