

PLANNING JJB - HQ

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
07:00	GB 1 Cours A	GB 2 Cours A	GB 2 Cours B	No GI GB 2 IBJJF	GB 1 Tous niveaux		
08:00	Live Training	Live Training	Live Training	Live Training	Live Training		
09:00						Parents/Enfants 1 fois par mois	
10:00						Tiny Champs 10h30 - 11h00	
11:00						Little Champs 1 11h15 - 12h00	No GI GB3 ADCC
12:00	No GI GB 2 IBJJF	GB 1 Cours A	GB 2	GB 1 Cours B	GB 3	Juniors /Comp 1 12h30 - 12h45	
13:00	No GI Sparring	Live Training	Live Training	Live Training	Live Training	GBK Comp 2 12h45 - 13h30	
14:00		BB COMPETITION	Tiny Champs 14h30 - 15h00	BB COMPETITION	GBK	BB COMPETITION	
15:00		BB COMPETITION	Little Champs 1 15h00 - 15h45	BB COMPETITION	St Marthe 1 13h30 - 15h00	BB COMPETITION	
16:00			Juniors 15h45 - 16h30		GBK		Drills GB 1 & GB 2
17:00		Drills 18h00 - 18h30		Drills 18h00 - 18h30	St Marthe 2 15h00 - 16h30		GB 1 Tous niveaux
18:00	GB 3 18h30 - 19h30	GB 2 Cours A 18h30 - 19h30	GB 1 Cours B	GB 2 Cours B 18h30 - 19h30	GB 1 Tous niveaux		GB 3
19:00	Live Training 30 mn	Live Training 30 mn	No GI GB3 IBJJF	Live Training 30 mn	Live Training		
20:00	GB 1 Cours A	GB 1 Tous niveaux	No GI Sparring	GB 1 Cours B	Live Training		
21:00	GB 2 Cours A	No GI GB 2 IBJJF		GB 1 Tous niveaux			
22:00							

PLANNING BARRA FIT

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
07:00	BARRA FIT		BARRA FIT				
08:00	COMBAT		PERF-YOGA				
09:00							
10:00							
11:00						BARRA FIT	
12:00	BARRA FIT	BARRA FIT	BARRA FIT	BARRA FIT	BARRA FIT	PERFORMANCE	
13:30	COMBAT	PERF-YOGA	COMBAT	COMBAT	COMBAT		
14:00							
14:30			BARRA FIT			BARRA FIT	
16:00			PERFORMANCE			COMBAT	
17:00							
18:00							
19:00	BARRA FIT	BARRA FIT	BARRA FIT	BARRA FIT	BARRA FIT		
20:00	COMBAT	PERFORMANCE	COMBAT	PERFORMANCE	COMBAT		
21:00							
22:00							

BARRA FIT COMBAT : Muay Thai, MMA, Body Combat, Préparation physique. BARRA FIT PERFORMANCE : Préparation physique, Yoga, Gymnastica Natural.