

LUNDI

**12H30-13H30**  
**MMA**  
(MIXED MARTIAL ARTS)

**18H15-19H30**  
**LUTA LIVRE**  
(GRAPPLING, NO GI)

**19H30-20H45**  
**STRIKING**  
(BOXE PIEDS POINGS)

MARDI

**18H15-19H30**  
**MMA**  
(MIXED MARTIAL ARTS)

**19H30-20H45**  
**LUTA LIVRE**  
(GRAPPLING, NO GI)

MERCREDI

**12H30-13H30**  
**LUTA LIVRE**  
(GRAPPLING, NO GI)

**18H15-19H30**  
**STRIKING**  
(BOXE PIEDS POINGS)

**17H00-18H00**  
**MMA KIDS**  
(À PARTIR DE 7 ANS)

**19H30-20H45**  
**MMA**  
(MIXED MARTIAL ARTS)

JEUDI

**18H15-19H30**  
**MMA**  
(MIXED MARTIAL ARTS)

**19H30-20H45**  
**JJB**  
(JIU JITSU BRÉSILIEEN)

VENDREDI

**12H30-13H30**  
**STRIKING**  
(BOXE PIEDS POINGS)

**18H15-19H30**  
**LUTA LIVRE**  
(GRAPPLING, NO GI)

**19H30-20H45**  
**STRIKING**  
(BOXE PIEDS POINGS)

SAMEDI

**10H00-11H00**  
**MMA KIDS**  
(À PARTIR DE 7 ANS)

**11H-12H**  
**LUTA LIVRE**  
SPARRING

**12H-13H**  
**OPEN MAT**  
(COMBAT LIBRE)



LAVAL  
COMBAT  
CLUB