



PLANNING PROVISOIRE

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
8.30-21.15 Fitness	8.30-21.15 Fitness	8.30-21.15 Fitness	8.30-21.15 Fitness	8.30-21.15 Fitness	8.30-17.30 Fitness	Fitness Fermé
					9.00-10.00 Yoga / Stretching	9.00-10.00 Hybrid Fighting Arts (KALI) Parents-Kids 10.00-11.30 Hybrid Fighting Arts (KALI)
		17.00-18.00 Muay Thai Dragons		17.00-18.00 Muay Thai Dragons		
	17.30-18.15 Little Dragons		17.30-18.15 Little Dragons			
18.00-19.00 Bag Class Ladies		18.00-19.00 Muay Thai Juniors		18.00-19.00 Muay Thai Juniors		
	18.30-19.30 Bag Class		18.30-19.30 Bag Class			
19.15-20.45 Muay Thai		19.15-20.45 Muay Thai		19.15-20.45 Muay Thai		
	19.45-21.00 BJJ Conditionning		19.45-21.00 BJJ Conditionning			
21.00-22.00 Boxe Anglaise		21.00-22.00 Boxe Anglaise		21.00-22.00 Boxe Anglaise		

- Little Dragons 4-6 ans
- Dragons 7-11 ans
- Junior + 12 ans

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