

COMBATS

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

9h

15
30
45

10h

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11h

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12h

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13h

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16h

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21h

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12h

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16h

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17h

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18h

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19h

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20h

15
30
45

21h

15
30

MMA
STRIKING

100%
MMA

100%
MMA

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