

PAINWORLD[®]

★ FITNESS CENTER ★

LUNDI	ST	MARDI	ST	MERCREDI	ST	JEUDI	ST	VENDREDI	ST	SAMEDI	ST	DIMANCHE	ST
12h30-13h30	SB	12h30-13h30	SB	12h30-13h30	SB	12h30-13h30	SB	12h30-13h30	SB		SB		
Kick Boxing (Boxe)		Kick Boxing (Boxe)		Kick Boxing (Boxe)		Kick Boxing (Boxe)		Kick Boxing (Boxe)					
	SB		SB		SB		SB		SB		SB		
17h30-18h30	SB	17h30-18h45	SB	17h30-18h45	SB	17h30-18h30	SB	18h00-18h30	SB		SB		
Kick Kids K1 (6 à 10)		Kick Boxing		Kick Boxing NEW		Kick Kids K1 (6 à 10)		Kick Boxing					
18h45-20h00	SB	19h30-21h00	JJB	18h45-20h00	SB	19h30-21h00	JJB	19h00-20h00	SB		SB		
K1		MMA		K1		MMA		K1					
20h00-20h30	SB			20h00-20h30	SB			20h00-20h30	SB				
Sparring				Sparring				Sparring					
										Kick Boxing		MMA	
										Kick Kids K1		Sparring	
										K1		Coaching Privé	
											Studio JIUJITSU		Studio BOXE

Ouverture:

Lu-Ve 05h00 – 22h00
 Sa-Di 07h00 – 20h00

Jours Férié 07h00 – 20h00
 (Uniquement coaching)

Mail: contact@painworld.lu

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