

# PAINWORLD®

★ FITNESS CENTER ★

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
	ST		ST		ST		ST		ST		ST		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 KI (6 à 10)		Kick Boxing		Kick Boxing <b>NEW</b>		Kick Kids KI (6 à 10)		Kick Boxing					
18h45 – 20h00	SB	19h30 – 21h00	JJB	18h45 – 20h00	SB	19h30-21h00	JJB	19h00-20h00	SB		SB		
KI		MMA		KI		MMA		KI					
20h00 – 20h30	SB			20h00 -20h30	SB			20h00-20h30	SB				
Sparring				Sparring				Sparring					

  

<div style="background-color: yellow; padding: 5px; margin-bottom: 5px;">Kick Boxing</div> <div style="background-color: cyan; padding: 5px; margin-bottom: 5px;">Kick Kids KI</div> <div style="background-color: green; padding: 5px; margin-bottom: 5px;">KI</div> <div style="background-color: black; padding: 5px;">Studio JIUJITSU</div>	<div style="background-color: yellow; padding: 5px; margin-bottom: 5px;">MMA</div> <div style="background-color: red; padding: 5px; margin-bottom: 5px;">Sparring</div> <div style="background-color: lightblue; padding: 5px; margin-bottom: 5px;">Coaching Privé</div> <div style="background-color: orange; padding: 5px;">Studio BOXE</div>
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Ouverture :

Lu-Ve 05h00 – 22h00

Sa-Di 07h00 – 20h00

**Jours Férié 07h00 – 20h00**

**(uniquement coaching)**



Contact@painworld.lu

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