

| | lundi | | | | mardi | | | mercredi | | | jeudi | | | vendredi | | samedi | | | | | |
|-------|--------------|--|-----------------|------------|--------------|--------|-----------|-----------------------------|--------------------|---------------------------------|---------------------------------|--|----------|------------------|------------------|-----------------|----------|-----------|--------|---|---|
| 11:00 | K PROG | | | | K PROG | | | K PROG | | | K PROG | | | K PROG | | | | | | | |
| 11:30 | K PROG | | | | K PROG | | | K PROG | | | K PROG | | | K PROG | | | | | | | |
| 12:00 | | | | | | | | | | | | | | | | | | | | | |
| 12:30 | K PROG libre | | JJB | | K PROG libre | | JJB NOGI | K PROG libre | | JJB(libre) | K PROG libre | | JJB | K PROG libre | | JJB NOGI | | | | | |
| 13:00 | K PROG libre | | JJB | | K PROG libre | | JJB NOGI | K PROG libre | | JJB(libre) | K PROG libre | | JJB | K PROG libre | | JJB NOGI | | | | | |
| 13:30 | | | | | | | | | | | | | | | | | | | | | |
| 14:00 | | | | | | | | | | | | | | | | | | | | | |
| 14:30 | | | | | | | | | | | | | | | | KICKBOXING ADOS | | | | | |
| 15:00 | | | | | | | | | | | | | | | | | | | | | |
| 15:30 | | | | | | | | | | | | | | | | | | | | | |
| 16:00 | | | | | | | | | | | | | | | | | | | | | |
| 16:30 | | | | | | | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | | | | | | | | | | |
| 17:30 | K PROG | | KICKBOXING KIDS | | K PROG | | BOXE KIDS | K PROG | | MMA ADOS | K PROG | | MMA KIDS | K PROG | | JJB NOGI KIDS | | | | | |
| 18:00 | K PROG | | KICKBOXING KIDS | | K PROG | | BOXE KIDS | K PROG | | MMA ADOS | K PROG | | MMA KIDS | K PROG | | JJB NOGI KIDS | | | | | |
| 18:30 | K PROG | | MMA | KICKBOXING | MUAY THAI | K PROG | | WRESTLING NOGI | MMA (lutte et sol) | MMA compétiteurs (lutte et sol) | K PROG | | MMA | MMA compétiteurs | K PROG | | JJB ADOS | JJB | K PROG | CARDIO PAO boxe / muay thai / kicboxing | |
| 19:00 | K PROG | | MMA | KICKBOXING | MUAY THAI | K PROG | | WRESTLING NOGI | MMA (lutte et sol) | MMA compétiteurs (lutte et sol) | K PROG | | MMA | MMA compétiteurs | K PROG | | JJB ADOS | JJB | K PROG | CARDIO PAO boxe / muay thai / kicboxing | |
| 19:30 | | | MMA | KICKBOXING | MUAY THAI | | | KICKBOXING MMA compétiteurs | WRESTLING NOGI | MMA (lutte et sol) | MMA compétiteurs (lutte et sol) | | | MMA | MMA compétiteurs | | | MUAY THAI | JJB | K PROG | CARDIO PAO boxe / muay thai / kicboxing |
| 20:00 | | | MMA | KICKBOXING | MUAY THAI | | | KICKBOXING MMA compétiteurs | WRESTLING NOGI | MMA (lutte et sol) | MMA compétiteurs (lutte et sol) | | | MMA | MMA compétiteurs | | | MUAY THAI | JJB | K PROG | CARDIO PAO boxe / muay thai / kicboxing |
| 20:30 | | | MMA | KICKBOXING | MUAY THAI | | | KICKBOXING MMA compétiteurs | WRESTLING NOGI | MMA (lutte et sol) | MMA compétiteurs (lutte et sol) | | | MMA | MMA compétiteurs | | | MUAY THAI | JJB | K PROG | CARDIO PAO boxe / muay thai / kicboxing |
| 21:00 | | | | | | | | | | | | | | | | | | | | | |
| 21:30 | | | | | | | | | | | | | | | | | | | | | |

Planning 2021/2022