UPLAY
MARTIAL ARTS LUXEMBOURG

WEEKLY TIMETABLE

2026 / 2027

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:15 - 13:15 **BJJ GI** Lunch class	16:30 - 17:30 **KIDS** 5-7 years	12:15 - 13:15 **BJJ GI** Lunch class	16:30 - 17:30 **KIDS** 5-7 years	12:15 - 13:15 **BJJ GI** Lunch class	09:30 - 10:30 **KIDS** 5-7 years	10:00 - 11:00 **STRETCHING**
17:00 - 18:00 **MMA TEENS**	17:30 - 18:30 **KIDS** 8-12 years	17:00 - 18:00 **MMA TEENS**	17:30 - 18:30 **KIDS** 8-12 years	17:00 - 18:00 **KIDS 8-12** No-Gi	10:30 - 11:30 **KIDS 8-12** Beginners	11:30 - 12:30 **OPEN MAT**
18:30 - 19:30 **MUAY THAI** Beginners	18:30 - 20:00 **MUAY THAI** Mixed level	18:00 - 19:00 **MUAY THAI** Beginners	18:30 - 20:00 **MUAY THAI** Mixed level	18:00 - 19:00 **BJJ NO-GI**	11:30 - 12:30 **KIDS 8-12** Advanced	17:00 - 18:00 **BUDOKON** Mobility
19:30 - 20:30 **BJJ** Beginners	20:00 - 21:30 **BJJ** Advanced	19:00 - 20:00 **BJJ** Beginners	20:00 - 21:30 **BJJ** Advanced	19:00 - 20:00 **MUAY THAI** Sparring	13:00 - 14:30 **STRIKING FOR MMA**	18:00 - 19:00 **BJJ** Beginners
20:30 - 21:30 **BJJ NO-GI**		20:00 - 21:00 **BJJ NO-GI**		20:00 - 21:00 **MASTRO DEFENCE**	14:30 - 16:00 **OPEN MAT**	

BOOK YOUR CLASS ONLINE

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