

MAPA DE AULAS / TIMETABLE



TARDE / EVENING

SEGUNDA

TERÇA

QUARTA

QUINTA

SEXTA

SÁBADO

17h30 45'
TIGER (5-9 ANOS)

17h30 45'
TIGER (5-9 ANOS)

18h00 45'
CROSS TRAINING
KIDS (10-15 ANOS)

18h15 45'
KICK BOXE JR
(10-15 ANOS)

18h00 45'
CROSS TRAINING
KIDS (10-15 ANOS)

18h15 45'
KICK BOXE JR
(10-15 ANOS)

18h30 45'
FITNESS BOXING

18h30 45'
FITNESS BOXING

18h45 45'
CROSS TRAINING

18h45 45'
CROSS TRAINING)

18h45 45'
CROSS TRAINING)

19h00 45'
PILATES

19h00 45'
KICK BOXE

19h15 45'
CROSS TRAINING

19h25 45'
KRAV MAGA

19h25 45'
KRAV MAGA

19h30 45'
HITIO GAP

19h30 45'
HITIO GAP

20h30 45'
BRAZILIAN
JIU JITSU

20h30 45'
BRAZILIAN
JIU JITSU

20h30 45'
MIXED MARTIAL
ARTS

20h30 45'
BRAZILIAN
JIU JITSU

20h30 45'
BRAZILIAN
JIU JITSU