

HORÁRIOS DOS TREINOS

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SABÁDO
06:00	BOXE	MUAYTHAI	BOXE	MUAYTHAI	BOXE	
07:00	MUAYTHAI JIU JITSU	BOXE JIU JITSU	MUAYTHAI JIU JITSU	BOXE JIU JITSU	MUAYTHAI NO GI	
08:00		MUAYTHAI		MUAYTHAI		
09:00	BOXE	BOXE	BOXE	BOXE	BOXE	MUAYTHAI
10:00						WRESTLING
11:00						BOXE
16:00	MUAYTHAI	BOXE	MUAYTHAI	BOXE	MUAYTHAI	
18:15	BOXE	MUAYTHAI	BOXE	MUAYTHAI	BOXE	
19:15	MUAYTHAI	JIU JITSU MMA	MUAYTHAI	JIU JITSU MMA	MUAYTHAI NO-GI	
20:15	BOXE JIU JITSU	BOXE WRESTLING	BOXE JIU JITSU	BOXE WRESTLING	BOXE	
21:15		MUAYTHAI		MUAYTHAI		



HORÁRIOS DOS TREINOS - INFANTIL

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SABÁDO
09:00		MUAYTHAI KIDS (5 A 8)		MUAYTHAI KIDS (5 A 8)		
10:00						MUAYTHAI KIDS
15:00		BOXE KIDS (9 A 13)		BOXE KIDS (9 A 13)		
16:00						
18:15		JIU-JITSU KIDS (5 A 8)		JIU-JITSU KIDS (5 A 8)		
19:15	MUAYTHAI KIDS (9 A 13)	MUAYTHAI KIDS (5 A 8)	MUAYTHAI KIDS (9 A 13)	MUAYTHAI KIDS (5 A 8)		

