

- WEEKLY SCHEDULE -

	Mon	Tue	Wed	Thu	Fri	Sat
11:00	11:00-16:30 PERSONAL-TRAINING (Reservation) & FREE-TRAINING (Usable)	11:00-12:30 KICKBOXING	11:00-16:30 PERSONAL-TRAINING (Reservation) & FREE-TRAINING (Usable)	11:00-12:30 KICKBOXING	11:00-12:30 JIU-JISTU	11:00-12:30 KICKBOXING
12:00					12:30-20:00 PERSONAL-TRAINING (Reservation) & FREE-TRAINING (Usable)	
13:00						
14:00		14:00-19:00 PERSONAL-TRAINING (Reservation)		14:00-19:00 PERSONAL-TRAINING (Reservation)		14:00-16:30 PERSONAL-TRAINING (Reservation) & FREE-TRAINING (Usable)
15:00	KIDS 16:30-17:20 Gymnastics & Core training 17:30-18:20 English KICK	& FREE-TRAINING (Usable)	KIDS 16:30-17:20 Gymnastics & Core training 17:30-18:20 KIDS JIU-JISTU	& FREE-TRAINING (Usable)		KIDS 16:30-17:20 Gymnastics & Core training 17:30-18:20 English KARATE
16:00						
17:00		19:00-20:00 Light KICKBOXING		19:00-20:00 Light KICKBOXING	20:00-21:30 Light KICKBOXING	19:00-20:30 MMA
18:00						
19:00	20:00-21:30 KICKBOXING	20:00-21:30 JIU-JISTU	20:00-21:30 KICKBOXING	20:00-21:30 GRAPPLING		
20:00		FREE-SPARRING	FREE-SPARRING	FREE-SPARRING		
21:00						
22:00						