

- WEEKLY SCHEDULE -

	Mon	Tue	Wed	Thu	Fri	Sat
11:00	11:00-19:00 PERSONAL TRAINING (RESERVATION)	11:00-12:30 MMA	11:00-20:00 PERSONAL TRAINING (RESERVATION)	13:00-15:00 PERSONAL TRAINING (RESERVATION)	13:00-20:00 PERSONAL TRAINING (RESERVATION)	11:00-12:30 KICK BOXING
12:00						
13:00		13:00-15:00 PERSONAL TRAINING (RESERVATION)				13:00-16:30 PERSONAL TRAINING (RESERVATION)
14:00						
15:00						
16:00						
17:00						18:00-18:50 KIDS FIGHT FIT
18:00						17:30-18:20 KIDS KARATE
19:00		19:00-20:00 BEGGINER KICK BOXING		19:00-20:00 BEGGINER KICK BOXING		19:00-20:30 MMA
20:00	20:00-21:30 BRAZILIAN JIU-JITSU	19:00-20:30 MMA GRAPPLING	20:00-21:30 KICK BOXING	20:00-21:30 GRAPPLING	20:00-21:30 KICK BOXING	SPARRING
21:00	SPARRING	SPARRING	SPARRING	SPARRING	SPARRING	
22:00						