

**- WEEKLY SCHEDULE -**

|       | Mon                                                   | Tue                                                   | Wed                                                   | Thu                                                   | Fri                                                   | Sat                                                   |                                      |  |
|-------|-------------------------------------------------------|-------------------------------------------------------|-------------------------------------------------------|-------------------------------------------------------|-------------------------------------------------------|-------------------------------------------------------|--------------------------------------|--|
| 10:00 | 10:00-17:00<br><br>PERSONAL TRAINING<br>(RESERVATION) | 10:00-15:00<br><br>PERSONAL TRAINING<br>(RESERVATION) | 10:00-18:00<br><br>PERSONAL TRAINING<br>(RESERVATION) | 10:00-15:00<br><br>PERSONAL TRAINING<br>(RESERVATION) | 10:00-20:00<br><br>PERSONAL TRAINING<br>(RESERVATION) | 10:00-11:00<br>KIDS JIU-JITSU                         |                                      |  |
| 11:00 |                                                       |                                                       |                                                       |                                                       |                                                       | 11:00-12:30<br><br>BRAZILIAN JIU-JITSU                |                                      |  |
| 12:00 |                                                       |                                                       |                                                       |                                                       |                                                       |                                                       |                                      |  |
| 13:00 |                                                       | 15:00-19:00<br>FREE TRAINIG                           |                                                       | 15:00-19:00<br>FREE TRAINIG                           |                                                       | 13:00-15:00<br><br>PERSONAL TRAINING<br>(RESERVATION) |                                      |  |
| 14:00 |                                                       |                                                       |                                                       |                                                       |                                                       | 15:00-16:00<br>LADIES KICK BOXING                     |                                      |  |
| 15:00 |                                                       |                                                       |                                                       |                                                       |                                                       |                                                       |                                      |  |
| 16:00 |                                                       |                                                       |                                                       |                                                       |                                                       | 16:30-17:20<br>KIDS FIGHT FIT                         |                                      |  |
| 17:00 | 17:00-17:50<br>KIDS KICK BOXING                       | 18:00-18:50<br>KIDS KARATE                            |                                                       |                                                       |                                                       |                                                       |                                      |  |
| 18:00 |                                                       |                                                       |                                                       |                                                       |                                                       |                                                       |                                      |  |
| 19:00 | 19:00-20:00<br>BEGGINER KICK BOXING                   | 19:00-20:00<br>BEGGINER KICK BOXING                   |                                                       | 19:00-20:00<br>BEGGINER KICK BOXING                   |                                                       | 19:00-20:30<br><br>KARATE                             |                                      |  |
| 20:00 | 20:00-21:30<br><br>BRAZILIAN JIU-JITSU                | 20:00-21:30<br><br>MMA                                | 20:00-21:30<br>KICK BOXING                            | 20:00-21:30<br>GRAPPLING                              |                                                       | 20:00-21:30<br>KICK BOXING                            | 20:30-22:00<br><br>ADVANCED TRAINING |  |
| 21:00 | SPARRING                                              | SPARRING                                              | SPARRING                                              | SPARRING                                              |                                                       | SPARRING                                              |                                      |  |
| 22:00 |                                                       |                                                       |                                                       |                                                       |                                                       |                                                       |                                      |  |