

- WEEKLY SCHEDULE -

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

