

- WEEKLY SCHEDULE -

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