

- WEEKLY SCHEDULE -

	Mon	Tue	Wed	Thu	Fri	Sat			
10:00	10:00-17:00 PERSONAL TRAINING (RESERVATION)	10:00-15:00 PERSONAL TRAINING (RESERVATION)	10:00-20:00 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						15:00-16:00 BEGGINER KICK BOXING			
16:00									
17:00						17:00-17:50 KIDS KICK BOXING	15:00-19:00 FREE TRAINIG	15:00-19:00 FREE TRAINIG	16:30-17:20 KIDS FIGHT FIT
18:00									
19:00						19:00-20:00 BEGGINER KICK BOXING	19:00-20:00 BEGGINER KICK BOXING		19:00-20:00 BEGGINER KICK BOXING
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 KICK BOXING·MMA SPARRING							
22:00	SPARRING		SPARRING	SPARRING	SPARRING				

