

- WEEKLY SCHEDULE -

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