

- WEEKLY SCHEDULE -

	Mon	Tue	Wed	Thu	Fri	Sat	Sun		
10:00						9:00-11:00	9:00-10:00 SUPER BEGGINER		
11:00	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)	PERSONAL TRAINING (RESERVATION)			
11:00						11:00-12:30 BRAZILIAN JIU-JITSU	10:30-12:00 GRAPPLING		
12:00									
13:00									
14:00									
15:00									
16:00									
17:00									
18:00									
19:00									
19:00	17:30-18:20 KIDS KICK BOXING	15:00-19:00 FREE TRAINIG	15:00-19:00 FREE TRAINIG	15:00-19:00 FREE TRAINIG	15:00-16:00 BEGGINER KICK BOXING	16:30-17:20 KIDS FIGHT FIT			
20:00	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
21:00	20:00-21:30 BRAZILIAN JIU-JITSU						20:00-21:00 MMA	20:00-21:30 GRAPPLING	20:00-21:30 KICK BOXING
22:00	SPARRING						KICK BOXING-MMA SPARRING	SPARRING	SPARRING

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