

AULAS EXTRAS																							
12:15	Jiu-Jitsu	60'	ST 2	17:30	Jiu-jitsu Kids 1	45'	ST 2	12:15	Jiu-Jitsu	60'	ST 2	18:30	Jiu-jitsu Kids	45'	ST 2	12:15	Jiu-Jitsu	60'	ST 2	10:00	Muay Thai	120'	ST 3
18:45	Karaté Kids	60'	ST 3	18:30	Jiu-jitsu Kids 2	45'	ST 2	18:30	Jiu-jitsu Juniores	45'	ST 2	19:00	Boxe	120'	ST 3	18:30	Jiu-jitsu Kids	45'	ST 2	10:30	Jiu-jitsu Juniores	45'	ST 2
19:45	Karaté	60'	ST 2	19:00	Boxe	120'	ST 3	18:45	Karaté Kids	60'	ST 3	21:15	Jiu-Jitsu	60'	ST 2	18:30	Karaté Mix	60'	ST 3	11:30	Jiu-Jitsu	60'	ST 2
20:00	Boxe	120'	ST 3	21:15	Jiu-Jitsu	60'	ST 2	19:45	Karaté	60'	ST 2					19:30	Jiu-Jitsu Juniores	45'	ST 2				
21:15	Jiu-Jitsu	60'	ST 2					20:00	Muay Thai	120'	ST 3					19:30	Jiu-Jitsu	45'	ST 2				
								21:15	Jiu-Jitsu	60'	ST 2					20:00	Muay Thai	120'	ST 3				

LES MILLS
Body Combat
Body Pump

3B
BIO-BAY WIG

ZUMBA

STRON
NATIO