



SEGUNDA

TERÇA

QUARTA

QUINTA

SEXTA

6h - 7h	JIU-JITSU	-	JIU-JITSU	-	JIU-JITSU
7h - 8h30	JIU-JITSU	JIU-JITSU	JIU-JITSU	JIU-JITSU	JIU-JITSU
12h - 13h	-	JIU-JITSU	-	JIU-JITSU	-
15h - 16h	-	BOXE	-	BOXE	-
16h30 - 18h	JIU-JITSU	JIU-JITSU	JIU-JITSU	JIU-JITSU	OLD SCHOOL
18h - 19h	-	JIU-JITSU KIDS	-	JIU-JITSU KIDS	JIU-JITSU FEMININO
18h15 - 19h15	MUAY THAI	-	MUAY THAI	-	-
19h30 - 21h	JIU-JITSU	JIU-JITSU	JIU-JITSU	JIU-JITSU	NO GI
21h - 22h	JIU-JITSU	AIKIDÔ	JIU-JITSU	AIKIDÔ	-