



QUADRO DE HORÁRIOS

	6H-7H	7H-8:30H	9H-10H	15H-16H	16:30H-18H	18H-19H	19:30H-21H	21H-22H
SEGUNDA	JIU-JITSU	JIU-JITSU	-	-	JIU-JITSU	-	JIU-JITSU	JIU-JITSU
TERÇA	-	JIU-JITSU	-	BOXE	JIU-JITSU	JIU-JITSU KIDS	JIU-JITSU	AIKIDÔ
QUARTA	JIU-JITSU	JIU-JITSU	-	-	JIU-JITSU	-	JIU-JITSU	JIU-JITSU
QUINTA	-	JIU-JITSU	-	BOXE	JIU-JITSU	JIU-JITSU KIDS	JIU-JITSU	AIKIDÔ
SEXTA	JIU-JITSU	PRIVATE CLASS	-	-	OLD SCHOOL	JIU-JITSU FEMINNO	NO GI	-
SÁBADO	-	-	-	-	-	-	-	-

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