

Grade De Horários

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
06:00	Jiu-Jitsu		Jiu-Jitsu		Jiu-Jitsu	
08:00	Funcional	Muay-Thai	Funcional	Muay-Thai	Funcional	
09:00	Jiu-Jitsu	Jiu-Jitsu Kids	Jiu-Jitsu	Jiu-Jitsu Kids	Jiu-Jitsu	Muay-Thai
10:00						Jiu-Jitsu Kids
11:00						Boxe
12:00		Jiu-Jitsu		Jiu-Jitsu		
15:00		Jiu-Jitsu Kids		Jiu-Jitsu Kids		
16:00		Jiu-Jitsu		Jiu-Jitsu		
18:30	Jiu-Jitsu Kids	Karatê	Jiu-Jitsu Kids	Karatê	Jiu-Jitsu Kids	
19:30	Jiu-Jitsu	Boxe	Jiu-Jitsu	Boxe	Jiu-Jitsu	
20:30		Jiu-Jitsu Iniciantes		Jiu-Jitsu Iniciantes		

*Horários sujeitos a alteração sem prévio aviso.

