

HORÁRIOS

SEG	TER	QUA	QUI	SEX	SAB
	Karate 14:00 - 16:00				Karate 10:00 -12:00
	Karate 16:00 -17:30		Karate 16:00 - 17:30		MMA 14:00 -17:00
	Karate 17:30 - 18:30		Karate 17:30 - 18:30		
Kickboxing 19:00 - 20:30	Karate 19:00 - 20:30	Kickboxing 19:00 - 20:30	Karate 19:00 - 20:30	Kickboxing 19:00 - 20:30	
Kickboxing 20:30 - 22:00	MMA 20:30 - 23:00	Kickboxing 20:30 - 22:00	MMA 20:30 - 23:00		