

SEGUNDA

TERÇA

QUARTA

QUINTA

SEXTA

SÁBADO

09H00
STRETCHING09H00
STRETCHING08H00
STRETCHING10H00
YOGA (BY THE STUDIO)18H00
**BOXING JUNIOR
(9-15 ANOS)**18H00
**BOXING JUNIOR
(9-15 ANOS)**18H00
**BOXING JUNIOR
(9-15 ANOS)**18H40
CROSS TRAINING18H40
FITNESS BOXING18H40
CROSS TRAINING18H40
FITNESS BOXING18H40
CROSS TRAINING19H30
BOXING (WORKOUT)19H30
BOXING (WORKOUT)19H30
BOXING (WORKOUT)19H30
KRAV MAGA19H30
BOXING (WORKOUT)20H30
BRAZILIAN JIU-JITSU20H30
BRAZILIAN JIU-JITSU20H30
BRAZILIAN JIU-JITSU20H30
BRAZILIAN JIU-JITSU