

SEGUNDA

TERÇA

QUARTA

QUINTA

SEXTA

SÁBADO

09H00
CROSS TRAINING

09H00
STRETCHING

08H30
CORE

09H30
**POSTURA
E ALONGAMENTOS**

09H00
STRETCHING

09H00
CROSS TRAINING

10H00
YOGA (BY THE STUDIO)

18H00
**BOXING JUNIOR
(9-15 ANOS)**

17H30
TIGER (5-8 ANOS)

18H30
FITNESS BOXING

18H00
**BOXING JUNIOR
(9-15 ANOS)**

17H30
TIGER (5-8 ANOS)

18H30
FITNESS BOXING

18H00
**BOXING JUNIOR
(9-15 ANOS)**

18H40
CROSS TRAINING

18H40
CROSS TRAINING

18H40
CROSS TRAINING

19H00
HITIO GAP

19H25
KRAV MAGA

19H00
HITIO GAP

19H15
CROSS TRAINING

19H30
BOXING (WORKOUT)

19H30
BOXING (WORKOUT)

19H30
BOXING (WORKOUT)

19H25
KRAV MAGA

19H30
BOXING (WORKOUT)

20H30
BRAZILIAN JIU-JITSU

20H30
BRAZILIAN JIU-JITSU

20H30
BRAZILIAN JIU-JITSU

20H30
BRAZILIAN JIU-JITSU