

SEGUNDA

TERÇA

QUARTA

QUINTA

SEXTA

SÁBADO

09H00
CROSS TRAINING

10H30
YOGA (ACADEMIA DE MÚSICA DE TAVIRA)

18H00
BOXING JUNIOR
(9-15 ANOS)

18H00
STRETCHING

18H40
CROSS TRAINING

19H30
BOXING (WORKOUT)

20H30
BRAZILIAN JIU-JITSU
(NO GI)

08H30
CORE (AP MARIA NOVA LOUNGE HOTEL)

09H00
STRETCHING

17H30
TIGER (5-8 ANOS)

18H30
FITNESS BOXING

19H25
KRAV MAGA

19H30
BOXING (WORKOUT)

20H30
BRAZILIAN JIU-JITSU

09H00
YOGA

10H00
CORE

18H00
BOXING JUNIOR
(9-15 ANOS)

18H40
CROSS TRAINING

19H30
BOXING (WORKOUT)

09H00
STRETCHING

17H30
TIGER (5-8 ANOS)

18H30
FITNESS BOXING

19H15
CROSS TRAINING

19H25
KRAV MAGA

20H30
BRAZILIAN JIU-JITSU

09H00
CROSS TRAINING

18H00
BOXING JUNIOR
(9-15 ANOS)

18H40
CROSS TRAINING

19H30
BOXING (WORKOUT)

20H30
BRAZILIAN JIU-JITSU
(NO GI)

10H00
YOGA (POUSADA DO CONVENTO TAVIRA)