

- WEEKLY SCHEDULE -

	Mon	Tue	Wed	Thu	Fri	Sat			
10:00						10:00-11:00 KIDS JIU-JITSU			
11:00	11:00-19:00 PERSONAL TRAINING (RESERVATION)	11:00-12:00 KICK BOXING TECHNIQUE	11:00-20:00 PERSONAL TRAINING (RESERVATION)	11:00-15:00 PERSONAL TRAINING (RESERVATION)	11:00-12:00 GRAPPLING DRILL	11:00-12:30 BRAZILIAN JIU-JITSU			
12:00		12:00-15:00 PERSONAL TRAINING (RESERVATION)			13:00-15:00 PERSONAL TRAINING (RESERVATION)				
13:00									
14:00									
15:00					15:00-16:00 BEGGINER KICK BOXING				
16:00									
17:00					16:30-17:20 KIDS FIGHT FIT				
18:00					17:30-18:20 KIDS STUDY SCIENCE				
19:00		19:00-20:00 BEGGINER KICK BOXING			19:00-20:00 BEGGINER KICK BOXING	18:00-19:00 KIDS KARATE	19:00-20:00 BEGGINER KICK BOXING	12:00-20:00 PERSONAL TRAINING (RESERVATION)	19:00-20:30 KARATE
20:00		20:00-21:30 BRAZILIAN JIU-JITSU			19:00-20:30 MMA	20:00-21:30 KICK BOXING	20:00-21:30 GRAPPLING	20:00-21:30 KICK BOXING	
21:00	SPARRING	SPARRING	SPARRING	SPARRING	SPARRING				
22:00									