

Grade de aulas

Horário	Segunda	Terça	Quarta	Quinta	Sexta	Sábado	Domingo
10:00						Jiu- Jitsu	
15:00		Muay - Thai		Muay - Thai			
18:20	Funcional		Funcional				
18:30		Gap		Gap			
19:00	Fit Dance	Pilates	Fit Dance	Pilates			
19:45	Jump		Jump				
20:00	Sertanejo	Gap Jiu-Jitsu		Gap Jiu-Jitsu			
20:30	Muay - Thai		Muay - Thai				