

TATAMI



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
9:00							
9:15							
9:30							
9:45							
10:00							
10:15							
10:30							
10:45							
11:00							
11:15							
11:30	TAICHI (90')						SINCRO (60')
11:45							
12:00							
12:15							
12:30							
12:45		TAICHI (90')					
13:00							
13:15							
16:45							
17:00	JUDO (55')	TAEKWONDO INFANTIL (55')	JUDO (55')	TAEKWONDO INFANTIL (55')	ANIMACIÓN INFANTIL		
17:15							
17:30							
17:45							
18:00	CAPOEIRA (55')	TAEKWONDO 1º a 3º PRIM (55')	CAPOEIRA (55')	TAEKWONDO 1º a 3º PRIM (55')	SINCRO		
18:15							
18:30							
18:45							
19:00	GRAPPLIN (55')	TAEKWONDO FEDERADO (55')	GRAPPLIN (55')	TAEKWONDO FEDERADO (55')	ANIMACIÓN INFANTIL		
19:15							
19:30					SINCRO		
19:45					(30')		
20:00	JIU JITSU (55')	KRAV MAGA (55')	JIU JITSU (55')	KRAV MAGA (55')	MMA GRAPPLIN		
20:15							
20:30							
20:45							
21:00	MMA (55')			MMA (55')			
21:15							
21:30							
21:45							
22:00							