TATAMI

Polideportivo San Agustín

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
9:00							
9:15							
9:30							
9:45							
10:00							
10:15							
10:30	TAICHI (90')		TAICHI (90')				
10:45							
11:00							
11:15							
11:30							
11:45							
12:00						SINCRO (60')	
12:15							
12:30							
12:45							
13:00							
13:15							
13:30							
13:45							
16:45							
17:00	JUDO (55')	TAEKWONDO INFANTIL (55')	JUDO (55')	TAEKWONDO INFANTIL (55')			
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 (55')		
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 (30')		
19:45							
20:00	JIU JITSU (55')		JIU JITSU (55')				
20:15							
20:30							
20:45							
21:00							
21:15							
21:30							
21:45							
22:00							