

SESIÓN	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SALA
9:00 a 10:00	BOXEO		BOXEO		BOXEO	2
10:00 a 11:00	KRAV MAGA		KRAV MAGA		KRAV MAGA	3
10:00 a 11:00	MMA		MMA		MMA	6
10:15 a 11:30		DEF. PERSONAL FEM		DEF. PERSONAL FEM		3
10:30 a 12:00		MUAY		MUAY		6
11:15 a 12:15	BRAZILIAN JIU JITSU	GRAPPLING	BRAZILIAN JIU JITSU	GRAPPLING	BRAZILIAN JIU JITSU	5
12:00 a 13:15	BOXEO		BOXEO		BOXEO	2
14:15 a 15:30	BRAZILIAN JIU JITSU		BRAZILIAN JIU JITSU		BRAZILIAN JIU JITSU	5
14:15 a 15:15	MUAY	MUAY		MUAY		6
14:30 a 15:30		BOXEO	BOXEO	BOXEO		2
17:00 a 18:00	CAPOEIRA		CAPOEIRA			3
18:00 a 19:00		MMA		MMA		5
18:00 a 19:00	KICK BOXING	MUAY	KICK BOXING	MUAY	KICK BOXING	6
18:00 a 19:00	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO	2
19:00 a 20:00	BRAZILIAN JIU JITSU	GRAPPLING	BRAZILIAN JIU JITSU	GRAPPLING	BRAZILIAN JIU JITSU	5
19:00 a 20:00	BOXEO	BOXEO	BOXEO	BOXEO		2
19:00 a 20:00		KRAV MAGA		KRAV MAGA		6
19:00 a 20:00	MMA		MMA		MMA	5
19:00 a 20:00		Haidong Gumdo		Haidong Gumdo		4
19:15 a 20:15		KARATE JUVENIL		KARATE JUVENIL		3
19:15 a 20:15	KRAV MAGA		KRAV MAGA		KRAV MAGA	3
19:15 a 20:15	JUDO		JUDO		TAEKWONDO	4
20:00 a 21:00		TAEKWONDO		TAEKWONDO		4
20:00 a 21:00		MMA		MMA		5
20:00 a 21:00	KICK BOXING	MUAY	KICK BOXING	MUAY	KICK BOXING	6
20:15 a 21:15	BOXEO		BOXEO	BOXEO		2
20:15 a 21:15	JUDO		JUDO		JUDO	3
20:30 a 21:45		KARATE		KARATE		3
21:00 a 22:00		BRAZILIAN JIU JITSU		BRAZILIAN JIU JITSU		5

ACTIVIDADES DIRIGIDAS						
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	
9:15 a 10:00	PowerFit	Total Move	PowerFit	Total Move	PowerFit	
10:00 a 11:00	YOGA		YOGA			
10:15 a 11:00	Gym Suave	STRETCHING	Gym Suave	STRETCHING	Gym Suave	
10:15 a 11:15					Corrección Postural	

ARTES MARCIALES INFANTILES						
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	
17:15 a 18:15	TAEKWONDO INFANTIL		TAEKWONDO INFANTIL		TAEKWONDO INFANTIL	
18:00 a 19:00		KARATE INFANTIL		KARATE INFANTIL		
18:00 a 19:00	CAPOEIRA INFANTIL	BJJ INFANTIL 7 a 14 años	CAPOEIRA INFANTIL	BJJ INFANTIL 7 a 14 años		
18:15 a 19:15	JUDO INFANTIL		JUDO INFANTIL			