





ARTES MARCIALES BLUME BOX

HORA	SALA	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
• 09:30 A 11:00	• TATAMI	• JIU JITSU		• GRAPPLING		• JIU JITSU
• 17:30 A 18:30	• TATAMI	• MMA	• JIU JITSU INICIO	• MMA	• JIU JITSU INICIO	• MMA
• 19:00 A 20:30	• TATAMI	• JIU JITSU	• GRAPPLING	• JIU JITSU	• GRAPPLING	• JIU JITSU

Sábados

JIU JITSU 10:00 (Técnica), 11:00 (open mat)







HORA	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO
• 07:00 - 08:00	• CROSSTRAINING	• CROSS 10:30 A 12:00				
• 08:00 - 09:00	• CROSSTRAINING					
• 09:00 - 10:00	• CROSSTRAINING					
• 10:00 - 11:00	• CROSSTRAINING					
• 11:00 - 12:00	• CROSSTRAINING					
• 12:00 . 14:00	• HORA FELIZ					
• 14:00 - 15:00	• CROSSTRAINING					
• 16:00 - 17:00	• CROSSTRAINING					
• 17:00 - 18:00	• CROSSTRAINING					
• 18:00 - 19:00	• CROSSTRAINING					
• 19:00 - 20:00	• CROSSTRAINING					
• 20:00 - 21:00	• CROSSTRAINING					
• 21:00 - 22:00	• CROSSTRAINING					