

GRADE IMOOGI BODY IMPACT – SISTEMA IMOOGI DE ARTES MARCIAIS						
INÍCIO	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO
07:00	MUAY THAI	KRAV MAGA	MUAY THAI	KRAV MAGA	MUAY THAI	–
08:00	Nova Turma	Nova Turma	Nova Turma	Nova Turma	Nova Turma	–
09:00	KRAV MAGA	KICKBOXING	KRAV MAGA	KICKBOXING	Nova Turma	–
10:00	KICKBOXING	Nova Turma	KICKBOXING	Nova Turma	MUAY THAI	Nova Turma
11:00	Nova Turma	KRAV MAGA	Nova Turma	KRAV MAGA	Nova Turma	KRAV MAGA
12:00	>> almoço <<	>> almoço <<	>> almoço <<	>> almoço <<	>> almoço <<	BOXE
13:00	Nova Turma	KICKBOXING	Nova Turma	KICKBOXING	KICKBOXING	CAPOEIRA
14:00	KRAV MAGA	Nova Turma	KRAV MAGA	Nova Turma	BOXE	
15:00	Nova Turma	BOXE	Nova Turma	BOXE	KRAV MAGA	
16:00	Nova Turma	Nova Turma	Nova Turma	Nova Turma	Nova Turma	
17:00	Nova Turma	–	Nova Turma	–	Nova Turma	
17:30	Nova Turma	–	Nova Turma	–		
18:00	KICKBOXING	M.THAI KBX-BX	KICKBOXING	M.THAI KBX-BX	MUAY THAI	
19:00	Nova Turma	KICKBOXING	Nova Turma	KICKBOXING	Nova Turma	
20:00	KRAV M.THAI	–	KRAV M.THAI	–	Nova Turma	
20:30		K.MAGA BOXE		K.MAGA BOXE		
21:00	Nova Turma		Nova Turma		Nova Turma	
21:30	Nova Turma	HKD TKD KMD	Nova Turma	HKD TKD KMD		