

GRADE IMOOGI TWIST – SISTEMA IMOOGI DE ARTES MARCIAIS						
INÍCIO	SEGUNDA-FEIRA	TERÇA-FEIRA	QUARTA-FEIRA	QUINTA-FEIRA	SEXTA-FEIRA	SÁBADO
07:00	MUAY THAI	–	MUAY THAI	–		MUAY THAI
08:00	MUAY THAI	–	MUAY THAI	–		BOXE
09:00		–		–		
10:00		–		–		
11:00		–		–		
12:00		–		–		
13:00		–		–		
14:00		–		–		
15:00		–		–		
16:00		–		–		
17:00		–		–		
17:30		–		–		
18:00		–		–		
19:00		MUAY THAI		MUAY THAI		
20:00		BOXE		BOXE		
20:30						
21:00						
21:30						