

ARTES MARCIAIS

	Segunda	Terça	Quarta	Quinta	Sexta		Sábado
11:30 / 12:00	LEADERSHIP Adultos	LEGACY	LEADERSHIP Adultos		LEADERSHIP Adultos	9:00 / 10:30	DEMO TEAM Srta Huerta
12:00 / 12:45	MASTER CLUB Adultos		MASTER CLUB Adultos		MASTER CLUB Adultos	10:30 / 13:00	
17:00 / 17:30		TIGERS	TIGERS	TIGERS	TIGERS	11:00 / 11:45	MASTER CLUB
17:30 / 18:15		MASTER CLUB Kids	MASTER CLUB Kids	MASTER CLUB Kids	MASTER CLUB Kids	10:30 / 13:00	
18:15 / 18:45		LEADERSHIP Kids	LEADERSHIP Kids	LEADERSHIP Kids	LEADERSHIP Kids		
18:45 / 19:30		MASTER CLUB	MASTER CLUB	MASTER CLUB	MASTER CLUB		
19:30 / 20:00		LEADERSHIP Adultos	MASTER CLUB Adultos	LEADERSHIP Adultos	MASTER CLUB Adultos		
20:00 / 20:45		MASTER CLUB Adultos	LEADERSHIP Adultos	MASTER CLUB Adultos	LEADERSHIP Adultos		

 AULAS LEADERSHIP

 AULAS LEGACY

TIGERS - 4 - 6 anos

MASTER CLUB Kids - 7 - 14 anos
MASTER CLUB Adultos - >14 anos

MC Iniciados - Branco a Verde
MC Avançados - Roxo a Vermelho

BLACK BELT CLUB - Cintos Pretos

LEADERSHIP - Programa Avançado

LEGACY - Treino de Instrutores e Alunos que querem treinar como Instrutores