

# ARTES MARCIAIS

	Segunda	Terça	Quarta	Quinta	Sexta	Sábado
11:30 / 12:00	LEADERSHIP Adultos	LEGACY	LEADERSHIP Adultos		LEADERSHIP Adultos	9:45 / 11:15
12:00 / 12:45	MASTER CLUB Adultos		MASTER CLUB Adultos		MASTER CLUB Adultos	10:00 / 12:00
17:00 / 17:30		TIGERS	TIGERS	TIGERS	TIGERS	10:30 / 11:15
17:30 / 18:15		MASTER CLUB Kids	MASTER CLUB Kids	MASTER CLUB Kids	MASTER CLUB Kids	12:00 / 13:00
18:15 / 18:45	FÓRMULAS 18:00 / 18:45 Prof. Amaral	LEADERSHIP Kids	LEADERSHIP Kids	LEADERSHIP Kids	LEADERSHIP Kids	SPARRING Sr. Pires
18:45 / 19:30	XMA 18:45 / 19:30 Sr. Belo	MASTER CLUB	MASTER CLUB	MASTER CLUB	MASTER CLUB	
19:30 / 20:00	SPARRING 19:30 / 20:30 Sr. Pires	LEADERSHIP Adultos	LEADERSHIP Adultos	LEADERSHIP Adultos	COMBATE BASTÃO Prof. Amaral 19:30 / 20:30	
20:00 / 20:45		MASTER CLUB Adultos	MASTER CLUB Adultos	MASTER CLUB Adultos		
20:45 / 21:30	LEGACY PRO 20:30 / 21:30	BLACK BELT CLUB		BLACK BELT CLUB		



HORÁRIO DE AULAS ESPECIAIS DE ALUNOS LEADERSHIP E 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