

	2 - FEIRA	3 - FEIRA	4 - FEIRA	5 - FEIRA	6 - FEIRA
09h00	BOXE 60'	MUAY-THAI 60'	BOXE 60'	MUAY-THAI 60'	BOXE 60'
10h00		HAPKIDO INFANTIL 60'		HAPKIDO INFANTIL 60'	
11h00		BOXE 60'		BOXE 60'	
12h00	MUAY-THAI 120' <i>avançado</i>		MUAY-THAI 120' <i>avançado</i>		MUAY-THAI 120' <i>avançado</i>
15h00	HAPKIDO INFANTIL 60'		HAPKIDO INFANTIL 60'		
18h00	BOXE 60'		BOXE 60'		BOXE 60'
19h00	MUAY-THAI 90'		MUAY-THAI 90'		MUAY-THAI 90'
20h30			HAPKIDO ADULTO 90'		HAPKIDO ADULTO 90'