

	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
10H30	SW	BJJ	SW	BJJ	SW
12H00		MMA		PREPARACION FISICA	
12H30	YOGA		YOGA		YOGA
15H00	BJJ		BJJ SPARRING		BJJ SPARRING
16H00		YOGA		YOGA	
17H00					WRESTLING
17H20		BJJ INFANTIL-SANOS		BJJ INFANTIL-SANOS	
17H30	BOXEO COMPETICION	BOXEO COMPETICION	BOXEO COMPETICION	BOXEO COMPETICION	BOXEO COMPETICION
18H00	WRESTLING INFANTIL	BJJ INFANTIL-SANOS	WRESTLING INFANTIL	BJJ INFANTIL-SANOS	MMA
19H00	MMA / WRESTLING	WRESTLING	MMA	WRESTLING	
19H30	BOXEO RECREATIVO	BOXEO RECREATIVO	BOXEO RECREATIVO	BOXEO RECREATIVO	BOXEO RECREATIVO / BJJ
20H30	BJJ	SW / BJJ SENIOR	BJJ	SW / BJJ SENIOR	