

BRAZILIAN JIU-JITSU - ADULTS

CLASS	DAY	TIME
Morning BJJ	Tuesday, Thursday	07H00 - 08H00
BJJ Lunch - Gi	Monday, Wednesday, Friday	12H15 - 13H15
BJJ Lunch - NoGi	Tuesday, Thursday	12H15 - 13H15
BJJ Beginners	Sunday	18H00 - 19H00
	Monday	19H30 - 20H30
	Wednesday	19H00 - 20H00
BJJ Advanced	Monday	20H30 - 21H30
	Tuesday	20H00 - 21H30
	Wednesday	20H00 - 21H00
	Thursday	20H00 - 21H30
BJJ NoGi	Tuesday, Thursday	12H15 - 13H15
	Friday	18H00 - 19H00
Open Mat	Saturday	14H30 - 16H00
	Sunday	11H30 - 12H30

MUAY THAI

CLASS	DAY	TIME
Muay Thai Beginners	Monday	18H30 - 19H30
	Wednesday	18H00 - 19H00
Muay Thai Mixed	Tuesday	18H30 - 20H00
	Thursday	18H30 - 20H00
Muay Thai Sparring	Friday	19H00 - 20H00

KIDS BJJ

CLASS	DAY	TIME
Kids BJJ - 5-7 years	Tuesday, Thursday	16H30 - 17H30
	Saturday	09H30 - 10H30
Kids BJJ Beginners - 8-12	Saturday	10H30 - 11H30
Kids BJJ Advanced - 8-12	Saturday	11H30 - 12H30
Kids BJJ - 8-12 years	Tuesday, Thursday	17H30 - 18H30
	Friday	17H00 - 18H00

MMA TEENS

CLASS	DAY	TIME
MMA Teens	Monday, Wednesday	17H00 - 18H00

STRIKING FOR MMA

CLASS	DAY	TIME
Striking for MMA	Saturday	13H00 - 14H30

MOBILITY & STRETCHING

CLASS	DAY	TIME
Sunday Stretching	Sunday	10H00 - 11H00
Budokon Mobility	Sunday	17H00 - 18H00

MASTRO DEFENCE

CLASS	DAY	TIME
Mastro Defence	Friday	20H00 - 21H00