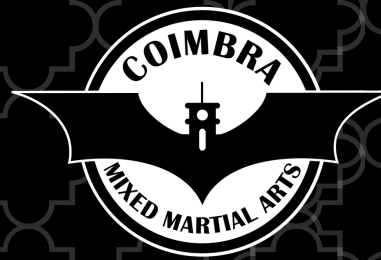


# HORÁRIOS COIMBRA MMA

## PISO 5

Horário	SEG	TER	QUA	QUI	SEX
8:30h às 10:00h	MUAY THAI				MUAY THAI
10:30h às 12:00h	BOXE				BOXE
18:00h às 19:00h	BOXE FEMININO	BOXE	BOXE FEMININO	BOXE	BOXE FEMININO
19:00h às 20:30h	BOXE	MUAY THAI	BOXE	MUAY THAI	BOXE
20:30h às 22:00h	MUAY THAI	PERFORMANCE FUNCIONAL (até 21:30h)	MUAY THAI	PERFORMANCE FUNCIONAL (até 21:30h)	MUAY THAI



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## PISO 6

Horário	SEG	TER	QUA	QUI	SEX
8:30h às 10:00h	JIU-JJISU		JIU-JJISU		JIU-JJITSU
12:00h às 13:30h	JIU-JJISU	JIU-JJISU	JIU-JJISU	JIU-JJISU	JIU-JJISU
18:00h às 19:00h	PERFORMANCE FUNCIONAL	JIU-JJISU INFANTIL (até 18:45h)	PERFORMANCE FUNCIONAL	JIU-JJISU INFANTIL (até 18:45h)	PERFORMANCE FUNCIONAL
19:00h às 20:30h	JIU-JJISU	JIU-JJISU	JIU-JJISU	JIU-JJISU	JIU-JJISU
20:30h às 21:30h	MMA SUBMISSION	MMA SUBMISSION	MMA SUBMISSION	MMA STRIKING	MMA SUBMISSION