



**X FITNESS**  
ABRANTES  
GYM & DOJO

## HORARIO DOJO ABRANTES

**LUNES**

**MARTES**

**MIÉRCOLES**

**JUEVES**

**VIERNES**

<b>ZUMBA KIDS</b> 17:15-18:15	<b>KENPO KARATE</b> <b>INFANTIL</b> 17:30-18:30	<b>ZUMBA KIDS</b> 17:15-18:15	<b>KENPO KARATE</b> <b>INFANTIL</b> 17:30-18:30	<b>ZUMBA KIDS</b> 17:15-18:15
	<b>MUAY THAI</b> 18:30-20:30		<b>MUAY THAI</b> 18:30-20:30	<b>BZ JIU JITSU</b> 19:00-20:00
<b>BZ JIU JITSU</b> 20:00-21:00	<b>KARATE</b> <b>KYOKUSHINKAI</b> 20:30-21:30	<b>BZ JIU JITSU</b> 20:00-21:00	<b>KARATE</b> <b>KYOKUSHINKAI</b> 20:30-21:30	<b>KARATE</b> <b>KYOKUSHINKAI</b> 20:00-21:00
<b>CAPOEIRA</b> 21:00-22:00	<b>BZ JIU JITSU</b> 21:30-22:30	<b>CAPOEIRA</b> 21:00-22:00	<b>BZ JIU JITSU</b> 21:30-22:30	<b>CAPOEIRA</b> 21:00-22:00