

SÁBADO

10:45 11:00	Aikido
11:45 12:00	Kendo
12:45 13:00	Judo
13:45 14:00	Kyoo Soku - defesa pessoal
14:15 14:30	Aikido
14:45 15:00	Kendo
15:45 16:00	Judo
16:15 16:30	Kyoo Soku - defesa pessoal
16:45 17:00	Aikido
17:15 17:30	Kendo
17:45 18:00	Judo
18:45 19:00	Kyoo Soku - defesa pessoal

DOMINGO

10:45 11:00	Aikido
11:45 12:00	Kendo
12:00 12:15	Kyoo Soku - defesa pessoal
13:00 13:15	Judo
14:00 14:15	Aikido
14:30 14:45	Kendo
15:00 15:15	Kyoo Soku - defesa pessoal
16:00 16:15	Judo
16:30 16:45	Aikido
17:00 17:15	Kendo
17:30 17:45	Judo
18:00 18:15	Kyoo Soku - defesa pessoal

