

# METROPOLITANO

CLUB DEPORTIVO

## HORARIO DEPORTES DE CONTACTO Y ESCALADA

El Club Deportivo Metropolitano se reserva el derecho de modificar horarios y actividades

|       | LUNES        | MARTES       | MIÉRCOLES    | JUEVES       | VIERNES      |
|-------|--------------|--------------|--------------|--------------|--------------|
| 8:00  | THAI*        | THAI*        | THAI*        | THAI*        | THAI*        |
| 10:00 | BJJ (SALA 5) | MMA          | BJJ (SALA 5) | MMA          | BJJ (SALA 5) |
| 11:00 | BOXEO*       |              | BOXEO*       |              | BOXEO*       |
| 12:00 | THAI         | THAI         | THAI         | THAI         | THAI         |
| 13:30 | BOXEO        | MMA          | BOXEO        | MMA          | BOXEO        |
| 14:30 | THAI         | THAI         | THAI         | THAI         | THAI         |
| 14:30 |              | BJJ          |              | BJJ          |              |
| 17:00 | THAI KIDS    | BOXEO*       | THAI KIDS    | BOXEO*       | THAI KIDS    |
| 18:00 | MMA SALA 5   | BOXEO*       | MMA SALA 5   | BOXEO*       |              |
| 18:00 | THAI         | THAI         | THAI         | THAI         | THAI         |
| 19:00 | THAI         | THAI         | THAI         | THAI         | THAI         |
| 20:00 | BOXEO        | BJJ          | BOXEO        | BJJ          | BOXEO        |
| 21:00 | BOXEO        | BOXEO        | BOXEO        | BOXEO        |              |
| 21:00 | THAI         |              | THAI         |              | THAI         |
| 21:15 |              | BJJ (SALA 5) |              | BJJ (SALA 5) |              |
| 21:30 |              | THAI*        |              | THAI*        |              |
| 22:00 | THAI* 45"    |              | THAI* 45"    |              |              |

|               | SÁBADO        |
|---------------|---------------|
| 12:30 - 14:30 | BJJ           |
|               | MMA           |
| ESCALADA      |               |
| LUNES         | 19:00 - 21:30 |
| MARTES        | 14:30 - 15:30 |
|               | 19:00 - 21:30 |
| MIÉRCOLES     | 19:00 - 21:30 |
| JUEVES        | 14:30 - 15:30 |
|               | 19:00 - 21:30 |