

METROPOLITANO

CLUB DEPORTIVO

TEMPORADA 2025/2026

	LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES	
	1ºPLANTA	2ºPLANTA	1ºPLANTA	2ºPLANTA	1ºPLANTA	2ºPLANTA	1ºPLANTA	2ºPLANTA	1ºPLANTA	2ºPLANTA
10:00	BJJ				BJJ					
10:30		THAI		THAI		THAI		THAI	BJJ (NO GI)	THAI
12:00			BJJ OPEN MAT				BJJ OPEN MAT			
13:00		BOXEO		BOXEO		BOXEO		BOXEO		BOXEO
14:30		THAI		THAI		THAI		THAI		THAI
17:00	MMA				MMA				MMA	
18:00		BOXEO		BOXEO		BOXEO		BOXEO		
18:30		THAI		THAI		THAI		THAI		THAI
	BJJ (BASICS)		BJJ (NO GI)		BJJ (BASICS)		BJJ (NO GI)			
19:00									BJJ OPEN MAT	
19:30	BJJ	THAI		THAI	BJJ	THAI		THAI		
		BOXEO		BOXEO		BOXEO		BOXEO		
20:00			BJJ				BJJ			
20:30		THAI		THAI		THAI		THAI		
		BOXEO		BOXEO		BOXEO		BOXEO		

	SÁBADO	
	1ºPLANTA	2ºPLANTA
11:00	BJJ (NO GI)	
12:00	BJJ OPEN MAT	