

JUDO

	Mon	Wed	Thu	Fri	Sat
07:00 h -	Adults	Adults		Adults	
08:00 h	(BN) (LF)	(BN)		(BN)	
12:00 h -		Adults		Adults	
13:00 h		(CR)		(CR)	
17:45 h -	Kids	Kids			
18:45 h	(CR)	(CR)			
18:45 h -	Pre- Competition (TS)	Pre- Competition (TS)		Pre- Competition (TS)	
19:30 h					
19:00 h -	Adults	Adults	Adults		
20:00 h	(CR)	(CR)	(CR)		
20:00 h -	Adults Randori	Adults Randori			
20:30 h	(TS)	(TS)			

BN – Master Bastos Nunes – 7th Dan
 LF – Master Luís Figueiredo – 4th Dan
 CR – Master Carlos Ramos – 3rd Dan
 TS – Master Tiago Silva – 1st Dan