

# KARATE WADO RYU

	<b>Monday</b>	<b>Thursday</b>	<b>Saturday</b>
11:00 h - 12:30 h			Adults <b>(JH)</b>
19:30 h - 20:30 h	Adults <b>(JH)</b>	Adults <b>(JH)</b>	
20:30 h - 21:30 h	Adultos Black Belts <b>(JH)</b>	Adultos Black Belts <b>(JH)</b>	

JH – Master João Henriques – 5th Dan