

KARATE SHOTOKAI

	Mon	Tue	Thu	Fri
12:30 h - 13:30 h	Adults (JC)		Adults (JC)	
18:30 h - 19:30 h		Kids (JC)		Kids (JC)
19:00 h - 20:00 h		Adults (JC)		Adults (JC)
20:00 h - 21:00 h		Adultos Black Belts (JC)		Adultos Black Belts (JC)

JC – Master João Coutinho – 5º Dan