

Adultos e adolescentes (a partir de 15 anos)

	2ª feira	3ª feira	4ª feira	5ª feira	6ª feira	Sábado
9h	Kung Fu	Alongamento Consciente	Kung Fu	---	---	---
	---	Muay Thai	---	Muay Thai	---	---
10h	Pilates	---	---	Pilates	---	---
11h30	---	---	---	---	---	Programação CODECOMET (15 a 17 anos)
16h	---	---	---	Ateliê de Desenho	---	---
17h	---	Xadrez	---	Programação CODECOMET (15 a 17 anos)	---	---
18h30	---	---	---	Encontros com Arte	---	---
19h	Danças Urbanas	---	Danças Urbanas	---	---	---
	Kung Fu	---	Kung Fu	Teatro	---	---
	---	Programação CODECOMET (adultos)	Oficina de Animação	Programação CODECOMET (adultos)	---	---
19h40	---	Pilates	---	Pilates	---	---