



HORÁRIOS DA SONGAHM TAEKWONDO ACADEMY TÂNGER

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
8.00 - 8.45	LEADERSHIP matinal		LEADERSHIP matinal		LEADERSHIP matinal	
9.45 - 10.30	SENIOR TRAINING	SENIOR TRAINING	SENIOR TRAINING	SENIOR TRAINING	SENIOR TRAINING	MMA (9.30 - 11.00) MASTER CLUB (11.00 - 12.00)
10.45 - 11.30	SENIOR TRAINING	SENIOR TRAINING	SENIOR TRAINING	SENIOR TRAINING	SENIOR TRAINING	
13.00 - 13.40	LEADERSHIP	LEADERSHIP	LEADERSHIP	LEADERSHIP	LEADERSHIP	
13.45 - 14.30	LEADERSHIP	LEADERSHIP	LEADERSHIP	LEADERSHIP	LEADERSHIP	
16.00 - 16.30	TINY TIGERS	TINY TIGERS	TINY TIGERS	TINY TIGERS	TINY TIGERS	
16.45 - 17.15	TINY TIGERS	TINY TIGERS	TINY TIGERS	TINY TIGERS	TINY TIGERS	Actividades diversas: festas de anos / workshop defesa pessoal / workshop liderança / torneios / exames de cinto
17.30 - 18.15	TKD FOR KIDS	TKD FOR KIDS	TKD FOR KIDS	TKD FOR KIDS	TKD FOR KIDS	
18.15 - 19.00	TKD FOR KIDS	TKD FOR KIDS	TKD FOR KIDS	TKD FOR KIDS	TKD FOR KIDS	
19.15 - 20.15	LEADERSHIP	MMA (ATÉ 20H45)	LEADERSHIP	LEADERSHIP	LEADERSHIP	
20.30 - 21.30	LEADERSHIP	LEADERSHIP (20H45 - 21H45)	LEADERSHIP	MASTER CLUB (Cintos pretos)	LEADERSHIP	



Leadership: Fitness, Taekwondo, Defesa Pessoal, Armas e Competição (opcional).



Senior Training: Preparação física e defesa pessoal para Sêniores.



Tiny Tigers: Taekwondo para crianças dos 3 aos 6 anos.



Taekwondo for Kids: Taekwondo para crianças dos 7 aos 14 anos.



Master Club: Treino Avançado para cintos pretos.



MMA: Treino Complementar ao Taekwondo Songahm (submission e luta de chão)