



CLUB DEPORTIVO JOSE VALENCIANO

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ESCUELAS DEPORTIVAS

BOXEO	KICK BOXING	THAI BOXING
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HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
8:00	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO		
9:00	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO		
10:00	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO		
	KICK BOXING	KICK BOXING	KICK BOXING	KICK BOXING	KICK BOXING		
11:00	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO		
	KICK BOXING	KICK BOXING	KICK BOXING	KICK BOXING	KICK BOXING		
12:00	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO	
	KICK BOXING	KICK BOXING	KICK BOXING	KICK BOXING	KICK BOXING		
13:00	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO	
14:00	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO		
	THAI BOXING	THAI BOXING	THAI BOXING	THAI BOXING	THAI BOXING		
15:00	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO		
16:00	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO		
17:00	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO		
18:00	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO		
	KICK BOXING		KICK BOXING		KICK BOXING		
19:00	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO		
20:00	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO		
	KICK BOXING	KICK BOXING	KICK BOXING	KICK BOXING	KICK BOXING		
21:00	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO		
	THAI BOXING	THAI BOXING	THAI BOXING	THAI BOXING	THAI BOXING		

GOSHINDO	KRAV MAGA	MMA	TAEKWONDO	JETT KUNE DO	CAPOEIRA	LAIJUTSU
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HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
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10:00		GOSHINDO		GOSHINDO			
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11:00	KRAV MAGA		KRAV MAGA				LAIJUTSU AIKIRI JUJUTSU
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17:00	MMA		MMA		MMA		
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19:00	MMA		MMA		MMA		
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20:00	TAEKWONDO	JETT KUNE DO	TAEKWONDO	JETT KUNE DO	TAEKWONDO		
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21:00	CAPOEIRA	KRAV MAGA	CAPOEIRA	KRAV MAGA	CAPOEIRA		
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CLASES COLECTIVAS FITNESS

PILATES	MANTENIMIENTO	MANTENIMIENTO EDAD ORO	CROSS TRAINING	ZUMBA	CICLO
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HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
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11:00						ZUMBA	
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13:00		PILATES		PILATES			
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20:00	PILATES		PILATES		PILATES		
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