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| C:\Users\Angelo\Desktop\pa-kua-logo.jpg | | | | | | |
|  | SEGUNDA | TERÇA | QUARTA | QUINTA | SEXTA | SÁBADO |
| **07:00** | **MARCIAL** | **ARMAS** | **MARCIAL** | **ARMAS** | **MARCIAL** |  |
| **8:00** |  |  |  |  |  |  |
| **9:00** | **COSMO**  **(Tai-Chi)** |  | **COSMO**  **(Tai-Chi)** |  |  | **SINTONIA** |
| **10:00** | **MARCIAL** | **ACROBACIA** | **MARCIAL** | **ACROBACIA** | **MARCIAL** | **MARCIAL** |
| **11:00** | **FUNCIONAL** | **ARQUERIA** | **FUNCIONAL** | **ARQUERIA** | **FUNCIONAL** | **ARQUERIA** |
|  |  |  |  |  |  |  |
| **14:00** |  |  |  |  |  |  |
| **15:00** |  |  |  |  |  |  |
| **16:00** | **MARCIAL** |  | **MARCIAL** |  |  |  |
| **17:00** | **ARMAS** |  | **ARMAS** |  |  |  |
| **18:00** | **ACROBACIA** | **COSMO**  **(Tai-Chi)** | **ACROBACIA** | **COSMO**  **(Tai-Chi)** | **ARMAS** |  |
| **19:00** | **MARCIAL** | **SINTONIA** | **MARCIAL** | **SINTONIA** | **MARCIAL** |  |
| **20:00** |  |  |  |  |  |  |