



This section was created in September 2006. At its head is found Marcel Nascimento assisted by several instructors.

This section covers Leisure (without competition) and competitors. This section is also mixed (man & women).

Schedule:

Tuesday: 7:30 p.m. to 9:30 p.m.

Thursday: 6:30 p.m. to 8:00 p.m. -> for competitors and confirmed

Friday: 7:30 p.m. to 9:30 p.m.

Saturday: 2:00 p.m. to 5:00 p.m.

Wednesday: 2:00 p.m. to 4:00 p.m. --> For the children

Proceedings of the section: for leisure : warm up , technical, physical, strength training and flexibility. The work is based on the physical.

For competitors : warm up, technical, fight, strength training and flexibility.
The work is based on technical and practice.

For education : work is mainly based on technique and games to develop motor skills.