



This section is supervised by Denise Nascimento.

Cardio-Boxing is a perfect sport for women , is a work in music, choreographed with movements of Thai boxing without contact. The work is based on physical, strength training, the flexibility and relaxation.

Schedule:

Tuesday: 7:30 p.m. to 9:00 p.m.

Thursday: 6:30 p.m. to 8:00 p.m.