








Tier/Class	Class Teacher	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1st Session: Faded sweat pants + tshirt or long sleeve + slippers to move between shower room and Tatami								
<u>Aikido</u> (≥ 14 years old)	José Caldeira		7:00 - 8:00 8:00 - 9:00		7:00 - 8:00 8:00 - 9:00			
1st Session: Faded sweat pants + White tshirt or long sleeve + slippers to move between shower room and Tatami								
<u>BJJ</u> (≥ 15 years old)	Heitor Moura	12:15 - 13:30		12:15 - 13:30		12:15 - 13:30	11:00 - 12:30	
<u>MMA</u> (≥ 15 years old)		18:15 - 19:30	 17:30 - 18:30  18:30 - 19:30	18:15 - 19:30	 17:30 - 18:30  18:30 - 19:30	18:15 - 19:30		
1st Session: Faded sweat pants + tshirt + pavilion 3 exclusive shoes								
<u>Fencing</u> (6 to 12 years old)	André Escobar	17:45 - 18:30		17:45 - 18:30		17:45 - 18:30		
<u>Fencing</u> (≥ 12 years old)		18:45 - 20:00		18:45 - 20:00		18:45 - 20:00		
1st Session: Faded sweat pants + tshirt or long sleeve + slippers to move between shower room and Tatami								
<u>Karate</u> (≥ 14 years old)	José Patrão		7:00 - 8:00 8:00 - 9:00		7:00 - 8:00 8:00 - 9:00			
1st Session: Faded sweat pants + tshirt or long sleeve + slippers to move between shower room and Tatami								
1) <u>Kendo</u> (≥ 14 years old)	Manuel Rodrigues		19:45 - 21:00			19:45 - 21:00		
1st Session: Faded sweat pants + tshirt + slippers to move between shower room and Tatami + gloves + shin pad								
<u>Kickboxing</u> (≥ 15 years old)	Armandino Santos	 12:15 - 13:00 13:00 - 14:00	 12:15 - 13:00 13:00 - 14:00		 12:15 - 13:00 13:00 - 14:00			
		Guilherme Carvalho	17:45 - 19:15		17:45 - 18:45 18:45 - 19:45		17:45 - 18:45 18:45 - 19:45	
	1st Session: Faded sweat pants + tshirt or long sleeve + slippers to move between shower room and Tatami							
	<u>Karate Kids</u> (6 to 11 years old)	José Patrão						10:30 - 11:25
<u>Karate Kids</u> (10 to 14 years old)							11:30 - 12:25	
<u>BJJ Kids</u> (6 to 14 years old)	Heitor Moura						10:00 - 10:55	
1st Session: Faded sweat pants + tshirt or long sleeve + slippers to move between shower room and Tatami								
<u>Krav Maga</u> (≥ 15 years old)	Pedro Ribeiro		12:30 - 13:45		12:30 - 13:45			
1st Session: Faded sweat pants + tshirt or long sleeve + pavilion 3 exclusive shoes								
<u>Kung Fu</u> (≥ 15 years old)	Mafalda Costa		18:30 - 20:00		18:30 - 20:00		10:30 - 12:00	
1st Session: Faded sweat pants + tshirt or long sleeve + pavilion 3 exclusive shoes								
<u>Systema</u> * (≥ 15 years old)	Stefan de Moncada	20:00 - 21:30		20:00 - 21:30				
1st Session: Faded sweat pants + tshirt or long sleeve + slippers to move between shower room and Tatami								
<u>Taekwondo</u> (≥ 11 years old)	Mário Calamote	19:30 - 20:45		19:30 - 20:45		19:30 - 20:45		

The subscription in the School of Combat Sports is annual however we have the option of monthly payment (without discounts). Search for discounts with longer periods.

The combat sport department can increase, introduced and reduce categories and timetables in project according special needs or requirements.

The Combat School programme includes workshops, demos and courses. There may be a need to sign up and can include a registration fee, due to the limited number of places.

The experimentation of Kickboxing (after 17:00) and **Fencing are exclusively on Fridays.**

All users shall be notified through the usual channels!

1) Kendo classes are taught in the practice room of the Fitness Academy.



Open classes to **ULisboa On Top**

* Russian Martial Art of self-defence.

The experimentation of our activities is conditioned. You can check availability at the reception of the pavilion.

For further information, please do not hesitate to contact us at www. estadio.ulisboa.pt