



LOCAIS  
HORÁRIOS  
CONTACTOS

---



DRAGON SPIRIT  
DOJO

ÉPOCA 2024/2025

# LOCAIS HORÁRIOS CONTACTOS

## 01 DRAGON SPIRIT DOJO<sup>®</sup>- VILA VERDE

AV. 25 DE ABRIL, 119, VILA VERDE, 2705-902 TERRUGEM - SINTRA

DRAGONSPIRITSINTRA@GMAIL.COM

TM.+351 924 448 616

## 02 DRAGON SPIRIT<sup>®</sup>- OEIRAS

ASSOCIAÇÃO RANCHO FOLCLÓRICO FLORES DA BEIRA

RUA QUINTA DAS ESTRANGEIRAS, CASAL DAS CHOCAS 2740-212 OEIRAS

DRAGONSPIRITSINTRA@GMAIL.COM

TM.+351 926 019 239

## 03 DRAGON SPIRIT<sup>®</sup>- MEM MARTINS

RUA DA AZENHA, N. 12, LOJA 7

RUA HORTA DE FANARES, N. 9 LOJA 7, 2725-231 ALGUEIRÃO-MEM MARTINS

DRAGONSPIRITSINTRA@GMAIL.COM

TM.+351 919 957 120

## 04 DRAGON SPIRIT<sup>®</sup>- ATLÉTICO CLUBE DO CACÉM

AVENIDA PEDRO NUNES, N° 3, 3A 2635-317 RIO DE MOURO

DRAGONSPIRITSINTRA@GMAIL.COM

TM.+351 924 448 616

[WWW.KARATESINTRA.PT](http://WWW.KARATESINTRA.PT)

[WWW.KARATEOEIRAS.PT](http://WWW.KARATEOEIRAS.PT)

APLICA-SE O TARIFÁRIO PARA REDES MÓVEIS NACIONAIS



DRAGON SPIRIT  
DOJO

# HORÁRIOS

## 01 DRAGON SPIRIT DOJO®- VILA VERDE

### LEGENDA



Iniciados

Branco a Branco/Amarelo



Turno Hora de Almoço

Todas as graduações



Intermédios

Amarelo a Azul/Vermelho



Turno da Noite

Todas as graduações



Avançados

Vermelhos a Castanhos



Black Belts

Pretos



Little Dragons

3-6 anos



Mobility & Stretching

Qualquer faixa etária

### HORÁRIO

### 2ª-FEIRA

### 3ª-FEIRA

### 4ª-FEIRA

### 5ª-FEIRA

### 6ª-FEIRA

12:00-13:00



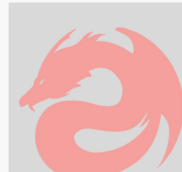
Turno Hora de Almoço



Mobility & Stretching

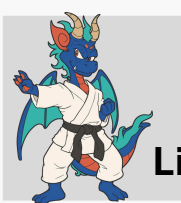


Turno Hora de Almoço

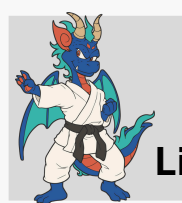


Mobility & Stretching

18:15-18:50



Little Dragons



Little Dragons

19:00-20:00



Intermédios



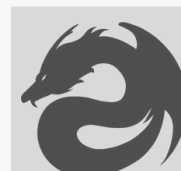
Iniciados



Intermédios



Iniciados



Intermédios

20:00-21:30



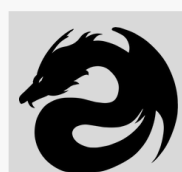
Avançados



Black Belts



Avançados



Black Belts

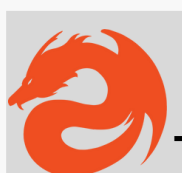


Avançados

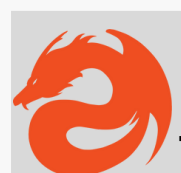
21:30-22:30



Turno da Noite



Turno da Noite



Turno da Noite



DRAGON SPIRIT  
DOJO

# HORÁRIOS

---

## 02 DRAGON SPIRIT<sup>®</sup> - OEIRAS

### LEGENDA



Branco a  
Laranja/Verde



Verde e acima

---

HORÁRIO	2ª-FEIRA	3ª-FEIRA	4ª-FEIRA	5ª-FEIRA	6ª-FEIRA
18:15-19:00	Inicialmente		Inicialmente		
19:00-20:30	Intermedios & Avançados		Intermedios & Avançados		



DRAGON SPIRIT  
DOJO

# HORÁRIOS

---

## 03 DRAGON SPIRIT<sup>®</sup> - MEM MARTINS

### LEGENDA



Iniciados

Branco a  
Laranja/Verde



Little Dragons

3-6 anos



Adultos

Todas as  
gradações



Avançados

Verde a  
Castanho

---

### HORÁRIO

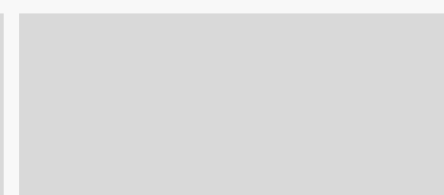
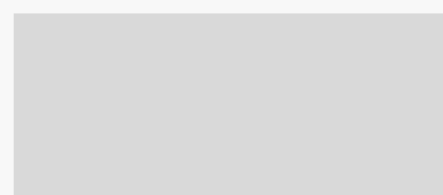
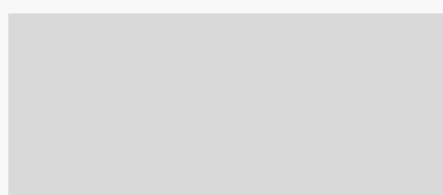
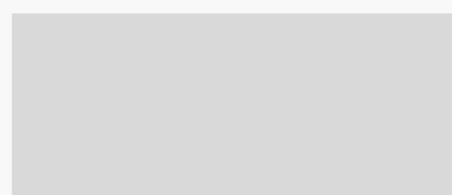
### 2ª-FEIRA

### 3ª-FEIRA

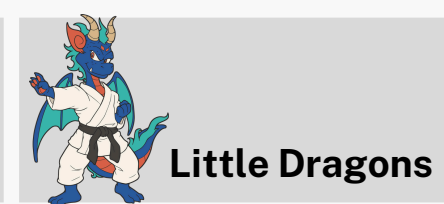
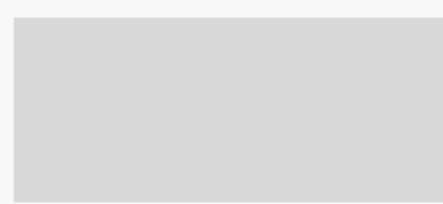
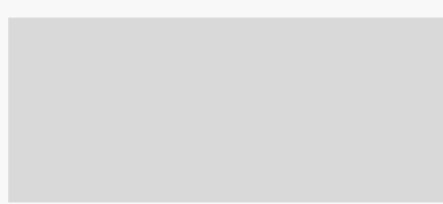
### 5ª-FEIRA

### 6ª-FEIRA

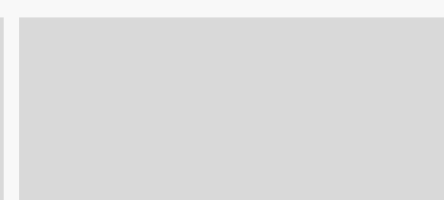
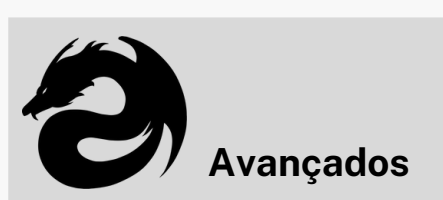
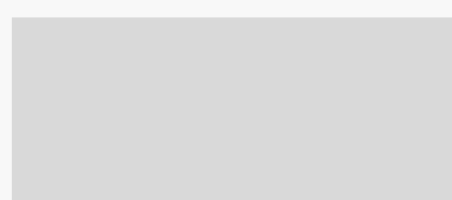
11:00-12:00



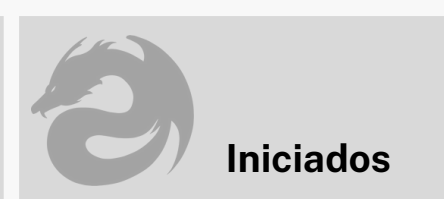
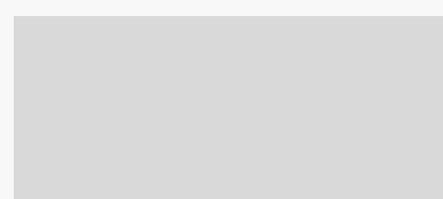
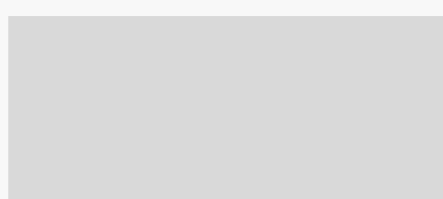
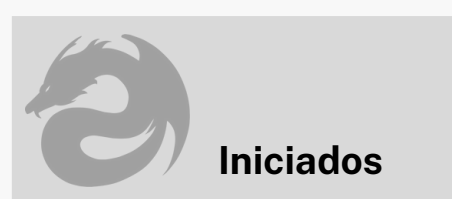
18:10-18:50



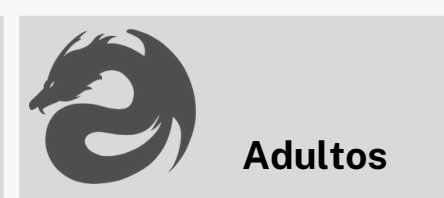
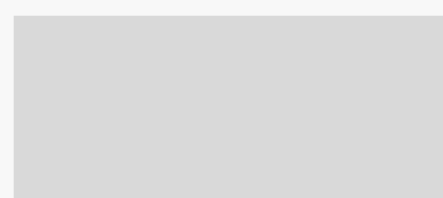
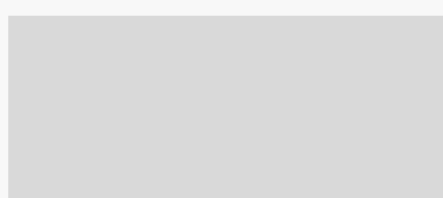
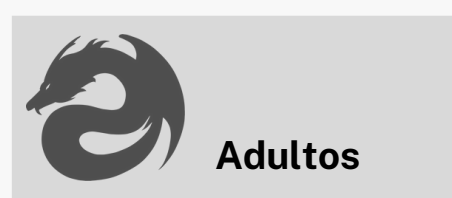
18:30-20:00



19:00-19:45



20:00-21:10



DRAGON SPIRIT  
DOJO

# HORÁRIOS

---

## 04 DRAGON SPIRIT<sup>®</sup> - ATLÉTICO CLUBE DO CACÉM

### LEGENDA



Iniciados

Todas as  
graduações

---

**HORÁRIO**

**2ª-FEIRA**

**3ª-FEIRA**

**4ª-FEIRA**

**5ª-FEIRA**

**6ª-FEIRA**

18:45-19:45



Iniciados



Iniciados



DRAGON SPIRIT  
DOJO