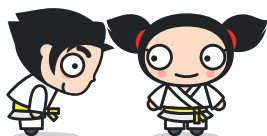




**JU
DO** | **BRAINS**



ESCUELA DE JUDO

El judo favorece el desarrollo físico, mental y emocional, promoviendo valores como el respeto, la disciplina, el autocontrol y la superación personal. Una práctica segura que potencia autoestima y compañerismo.

- » Días: Martes y viernes
- » Horarios:
 - Grupo pequeños (Nursery a 1º Prim.): 16:00 – 16:45
 - Grupo mayores (2º a 6º Prim.): 16:45 – 17:30

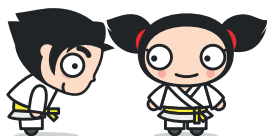
Responsable:
Carmelo Armas – Tel. 630 416 460

brains/
INTERNATIONAL SCHOOLS





JUDO | BRAINS



JUDO SCHOOL

Judo promotes physical, mental, and emotional development, encouraging values such as respect, discipline, self-control, and personal growth. A safe practice that boosts self-esteem and fosters camaraderie.

- » Days: Tuesdays and Fridays
- » Schedule by groups:
 - Younger: (Nursery to 1st Grade): 4:00 PM – 4:45 P
 - Older: (2nd to 6th Grade): 4:45 PM – 5:30 PM

Coordinator:
Carmelo Armas — Tel. 630 416 460