

CORSO	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
BOXE/CROSSFIT	9:00 - 14:00	9:00 - 14:00	9:00 - 14:00	9:00 - 14:00	9:00 - 14:00	9:00 - 13:00 15:00 - 19:00
	16:00 - 22:00	16:00 - 22:00	16:00 - 22:00	16:00 - 22:00	16:00 - 21:00	
KICK BOXING K1	9:00 - 14:00	9:00 - 14:00	9:00 - 14:00	9:00 - 14:00	9:00 - 14:00	9:00 - 13:00 15:00 - 19:00
	16:00 - 22:00	16:00 - 22:00	16:00 - 22:00	16:00 - 22:00	16:00 - 21:00	
	JUNIOR 18:00 - 19:00		JUNIOR 18:00 - 19:00			
	19:00 - 20:30	BEGINNER 19:00 - 20:30	19:00 - 20:30	BEGINNER 19:00 - 20:30	19:00 - 20:30	
BRAZILIAN JIU JITSU	GI 10:30 - 12:00	GI 7:00 - 8:00	GI 10:30 - 12:00	BEGINNER - NO GI 09:30 - 10:30	GI 7:00 - 8:00	WOMEN ONLY 10:00 - 11:00
	KIDS 17:00 - 18:00	BEGINNER - NO GI 09:30 - 10:30		ADVANCED - NO GI 10:30 - 12:00	GI 10:30 - 12:00	OPEN MAT 10:00 - 13:00
	BEGINNER - NO GI 18:00 - 19:00	ADVANCED - NO GI 10:30 - 12:00	BEGINNER - NO GI 18:00 - 19:00	BEGINNER - GI 18:00 - 19:00	KIDS 17:00 - 18:00	
	GI 20:30 - 22:00	BEGINNER - GI 18:00 - 19:00	GI 20:30 - 22:00		NO GI 18:00 - 19:00	
MIXED MARTIAL ARTS	ADVANCED 10:00 - 11:00	YOUTH 17:00 - 18:00	ADVANCED 10:00 - 11:00	YOUTH 17:00 - 18:00	ADVANCED 10:00 - 11:00	
	INTERMEDIATE 19:00 - 20:30	BEGINNER 19:00 - 20:00	INTERMEDIATE 19:00 - 20:30	BEGINNER 19:00 - 20:00		
TACFIT		12:30 - 13:30		12:30 - 13:30		
	19:00 - 20:00		19:00 - 20:00			
JUDO		JUNIOR 17:00 - 18:00		JUNIOR 17:00 - 18:00		
		20:00 - 21:30		20:30 - 22:00		17:30 - 19:00
NIPPON KEMPO		JUNIOR 19:00 - 20:00		JUNIOR 19:00 - 20:00		
		20:30 - 22:00		20:30 - 22:00		
KENDO	JUNIOR 19:00 - 20:00		JODO 19:00 - 20:00			
	19:30 - 21:15		19:50 - 21:15			
YOGA				MYSORE 17:00 - 20:00		
TAEKWONDO	18:00 - 19:00			18:00 - 19:00		