

CORSO	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
PUGILATO & CROSSFIT & 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 - 17.00
	16.00 - 22.00	16.00 - 22.00	16.00 - 22.00	16.00 - 22.00	16.00 - 22.00	
KICK BOXING K1		<b>JUNIOR</b> 18.00 - 19.00		<b>JUNIOR</b> 18.00 - 19.00		
	19.00 - 20.30	19.00 - 20.30	19.00 - 20.30	19.00 - 20.30	19.00 - 20.30	
BRAZILIAN JIU JITSU	10.30 - 12.00	<b>NO GI</b> 10.30 - 12.00		<b>NO GI</b> 10.30 - 12.00	10.30 - 12.00	<b>OPEN MAT</b> 10.00 - 12.00
	12.30 - 14.00		<b>LITTLE TATUS</b> 17.00 - 18.00		12.30 - 14.00	
	<b>LITTLE TATUS</b> 17.00 - 18.00	17.30 - 19.00	<b>DRILLS</b> 18.00 - 19.00	17.30 - 19.00	<b>NO GI</b> 18.00 - 19.30	
	20.30 - 22.00		20.30 - 22.00			
MIXED MARTIAL ARTS	19.00 - 20.30		19.00 - 20.30		19.00 - 20.30	
BACK SCHOOL	9.00 - 10.00		09.00 - 10.00		09.00 - 10.00	
TACFIT	12.30 - 13.30		12.30 - 13.30		12.30 - 13.30	
	19.00 - 20.00		19.00 - 20.00			
JODO			19.00 - 20.00			
KENDO	<b>JUNIOR</b> 19.00 - 20.00					
	19.30 - 21.00		20.00 - 21.15			
JUDO		<b>JUNIOR</b> 17.00 - 18.00		<b>JUNIOR</b> 17.00 - 18.00		
		20.00 - 21.30		20.30 - 22.00		18.00 - 19.30
YOGA		<b>ASHTANGA MYSORE</b> 18.00 - 19.30		<b>GENERAL CLASS</b> 18.00 - 19.00		
		<b>FOUNDATIONS</b> 19.30 - 20.30		<b>ASHTANGA</b> 19.00 - 20.30		
NIPPON KEMPO				<b>JUNIOR</b> 19.00 - 20.00		
	20.30 - 22.00			20.30 - 22.00		

**URBAN  
MASTERS**

 **M.Valleri**  
 **S.Bellezza**

 **E. Zaccaria**  
 **A. Capitanio**

 **M.Dal Maso**  
 **A.Dal Maso**

 **M.Nannini**  
 **Luigi Rigolio**

 **L. Franchetto**  
 **Chiara Cova**

 **V. Scolari**