

CORSO	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
BOXE/FUNCTIONAL TRAINING	9:00 - 14:00	9:00 - 14:00	9:00 - 14:00	9:00 - 14:00	9:00 - 14:00	9:00 - 14:00
	16:00 - 19:00	14:00 - 17:00	16:00 - 19:00	14:00 - 17:00	16:00 - 19:00	13:00 - 16:00
	22:00 - 23:00	16:00 - 17:00	22:00 - 23:00	16:00 - 17:00	21:00 - 22:00	15:00 - 16:00
		22:00 - 23:00		22:00 - 23:00		- 19:00
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 - 14:00
	16:00 - 19:00	14:00 - 17:00	16:00 - 19:00	14:00 - 17:00	16:00 - 19:00	13:00 - 16:00
	19:00 - 20:30	16:00 - 17:00	19:00 - 20:30	16:00 - 17:00	19:00 - 20:30	15:00 - 16:00
	ADVANCED 19:00 - 20:30	19:00 - 20:30	ADVANCED 19:00 - 20:30	19:00 - 20:30	ADVANCED 19:00 - 20:30	- 19:00
BRAZILIAN JIU JITSU	GI 10:30 - 12:00	GI 7:00 - 8:00	NO GI 10:30 - 12:00	BEGINNER - NO GI 09:30 - 10:30	NO GI 7:00 - 8:00	OPEN MAT 10:30 - 12:00
	BEGINNER - NO GI 18:00 - 19:00	BEGINNER - NO GI 09:30 - 10:30	BEGINNER - NO GI 18:00 - 19:00	ADVANCED - NO GI 10:30 - 12:00	GI 10:30 - 12:00	
					GRAPPLING 18:00 - 19:00	
	GI 20:00 - 21:30	ADVANCED - NO GI 10:30 - 12:00	NO GI 20:00 - 21:30	BEGINNER - NO GI 18:00 - 19:00		
					BEGINNER - NO GI (ENG) 19:00 - 20:00	
MIXED MARTIAL ARTS	PRO - COMPETITORS 10:30 - 12:00	19:00 - 20:00	PRO - COMPETITORS 10:30 - 12:00	19:00 - 20:00	PRO - COMPETITORS 10:30 - 12:00	OPEN MAT 10:30 - 13:00
TACFIT	18:45 - 19:45	12:30 - 13:30	18:45 - 19:45	12:30 - 13:30		
JUDO		20:00 - 21:30		20:30 - 22:00		17:30 - 19:00
NIPPON KEMPO		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 - 21:30			
YOGA		MYSORE 6:30 - 8:30	YOGASANA 12:45 - 13:45	MYSORE 17:45 - 20:30		
		ASHTANGA 18:15 - 19:45				
TAEKWONDO	18:00 - 19:00			18:00 - 19:00		
CORSI JUNIOR	BRAZILIAN JIU JITSU JUNIOR 17:00 - 18:00	JUDO JUNIOR 17:00 - 18:00	KICKBOXING JUNIOR 18:00 - 19:00	JUDO JUNIOR 17:00 - 18:00	BRAZILIAN JIU JITSU JUNIOR 17:00 - 18:00	
	KICKBOXING JUNIOR 18:00 - 19:00	M.M.A. YOUTH 17:00 - 18:00		M.M.A. YOUTH 17:00 - 18:00		
		BOXE JUNIOR 17:00 - 18:00		BOXE JUNIOR 17:00 - 18:00		
		BOXE YOUTH 18:00 - 19:30		BOXE YOUTH 18:00 - 19:30		
		NIPPON KEMPO JUNIOR 19:00 - 20:00		NIPPON KEMPO JUNIOR 19:00 - 20:00		