

ORARI 2021 2022 DAL 06.09.2021

ADULTI

M.M.A. K1/LOTTA

MUAY THAI K1

KICK BOXING FUNZ.

KARATE adulti

CULTURA FISICA

B.J.J.

DIFESA SAD

LUNEDI	18.00 – 19.30						
	TUTTI	19.30 – 21.00	19.00 – 20.30	21.00 – 22.00			
MARTEDI	18.30 – 19.30 A						
				18.00 – 19.00	17.00 – 18.00	20.00 – 21.00	20.30 – 22.00
MERCOLEDI	18.00 – 19.30		19.00 – 20.30				
	TUTTI	19.30 – 21.00					
GIOVEDI	19.00 – 20.00 A						
				18.00 – 19.00		19.30 – 20.30	20.30 – 22.00
VENERDI	17.30 – 18.30 A 18.30 – 19.30 P	19.30 – 21.00	19.00 – 20.30	21.00 – 22.00			

BAMBINI / RAGAZZI

KICK BOXING

KARATE

MMA K1/LOTTA

LUNEDI	17.00 – 18.00		
MARTEDI		18.00 – 19.00	17.00 – 18.00
MERCOLEDI			
GIOVEDI		18.00 – 19.00	17.00 – 18.00
VENERDI	16.30 – 17.30		

