



CORSI & ORARI

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
	11.00-12.30 TATAMI-RING		11.00-12.30 TATAMI-RING		
	13.00-13.50 INTERVAL TRAINING SYSTEM			13.00-13.50 INTERVAL TRAINING SYSTEM	
17.00-18.00 FUNCTIONAL KIDS (9- 11/12 anni)	17.00-18.00 CROSS TRAINING (13-15 anni)	17.00-18.00 FUNCTIONAL KIDS (9-11/12 anni)	17.00-18.00 CROSS TRAINING (13-15 anni)		
	18.00-19.00 CROSS TRAINING <u>1</u>		18.00-19.00 CROSS TRAINING <u>1</u>		
18.00-19.15 TATAMI-RING (11-18 anni)	19.00-20.00 CROSS TRAINING <u>2</u>	18.00-19.15 TATAMI-RING (11-18 anni)	19.00-20.00 CROSS TRAINING <u>2</u>	18.00-19.15 TATAMI-RING (11-18 anni)	
19.00-21.00 TATAMI-RING AGONISTI	20.00- 21.00 CROSS TRAINING <u>3</u>	19.00-21.00 TATAMI-RING AGONISTI	20.00- 21.00 CROSS TRAINING <u>3</u>	19.00-21.00 TATAMI-RING AGONISTI	
21.00-22.30 TATAMI-RING AMATORI	21.00- 22.00 SPARTAN TRAINING	21.00-22.30 TATAMI-RING AMATORI	21.00- 22.00 SPARTAN TRAINING	21.00-22.30 TATAMI-RING AMATORI	

Ogni LUNEDI'-MARTEDI'-GIOVEDI'-VENERDI' DALLE ORE 12.00 ALLE ORE 14.00 OPEN BOX

Ogni SABATO DALLE ORE 10.00 ALLE 13.00 E DALLE ORE 15.00 ALLE 17.00 OPEN BOX

