

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
KICK BOXING 12:45/13:00 14:00 Karim	SANDA 12:45/13:00 14:00 Matteo	KICK BOXING 12:45/13:00 14:00 Karim	SANDA 12:45/13:00 14:00 Matteo	PERSONAL / PAO con Karim su prenotazione
KICK BOXING 13/17 15:30 16:30 Giorgio	KICK RAGAZZI 13/17 16:00 17:00 Salvatore	KICK BOXING 13/17 15:30 16:30 Giorgio	KICK RAGAZZI 13/17 16:00 17:00 Salvatore	
KICK BOXING 9/12 16:30 17:30 Karim	KICK RAG.AVANZATI 13/18 17:00 18:10	KICK BOXING 9/12 16:30 17:30 Karim	KICK RAG.AVANZATI 13/18 17:00 18:10	KICK KIDS 6/8 16:45 18:00 Karim & Daniele
MUAY THAI RAG.12/17 17:30 18:30 Alessandro	Salvatore KICK AGONISTI+RAG.pieno 18:10 19:30	MUAY THAI RAG.12/17 17:30 18:30 Alessandro	Salvatore KICK AGONISTI+RAG.pieno 18:10 19:30	KICK AGONISTI SPARRING contatto pieno 18:00 19:20
KICK BOXING / K1 18:30 19:50 Salvatore	Salvatore MUAY THAI 19:30 20:50	KICK BOXING / K1 18:30 19:50 Salvatore	Salvatore MUAY THAI 19:30 20:50	Salvatore SPARRING contatto leggero 19:20 20:40
KICK AGONISTI cont.pieno 19:50 21:10 Salvatore	Alessandro MUAY THAI 20:50 22:10	KICK AGONISTI cont.pieno 19:50 21:10 Salvatore	Alessandro MUAY THAI 20:50 22:10	Fede/Karim LEZIONE SACCO 20:40 21:40
KICK BOXING / K1 21:10 22:30 Giorgio	Fede/Xuan	KICK BOXING / K1 21:10 22:30 Giorgio	Fede/Xuan	Federico