

IL PARCO
AREA COMBAT



BRASILIAN JIU JITSU

(SALA B)

| | 19/20.30 | 19.15/20.45 | 19.30/20.30 |
|------------|---------------------------|-------------------------|---------------------|
| LUN | | BJJ PRINCIPIANTI | |
| MAR | | | |
| MER | | BJJ AVANZATI | |
| GIO | | | BJJ AVANZATI |
| VEN | BJJ AVANZATI + MMA | | |

JUDO ADULTI

(SALA A)

| | 19/20.30 |
|------------|-------------|
| LUN | JUDO |
| MAR | |
| MER | JUDO |
| GIO | |
| VEN | JUDO |

KUNG FU

(SALA B)

| | 20/21.30 |
|------------|----------------|
| LUN | |
| MAR | KUNG FU |
| MER | |
| GIO | KUNG FU |
| VEN | |

TAEKWONDO

(SALA A/SALA B)

| | 20.30/22 |
|------------|---------------------------|
| LUN | TAEKWONDO (SALA A) |
| MAR | |
| MER | TAEKWONDO (SALA B) |
| GIO | |
| VEN | |

SHORINJI KEMPO

(SALA B)

| | 21/22.30 |
|------------|-----------------------|
| LUN | SHORINJI KEMPO |
| MAR | |
| MER | |
| GIO | SHORINJI KEMPO |
| VEN | |

JIU JITSU

(SALA A/ SALA B)

| | 20.30/22.30 | 20.45/22.30 |
|------------|---------------------------|---------------------------|
| LUN | | JIU JITSU (SALA B) |
| MAR | | |
| MER | JIU JITSU (SALA A) | |
| GIO | | |
| VEN | JIU JITSU (SALA A) | |

TAIJIQUAN

(SALA B)

| | 19/20 |
|------------|------------------|
| LUN | |
| MAR | TAIJIQUAN |
| MER | |
| GIO | TAIJIQUAN |
| VEN | |

AREA YOUNG

YOGA BIMBI (SALA A)

11/11.50

SAB

YOGA

LUN

MAR

MER

GIO

VEN

GINNASTICA ARTISTICA (SALA B)

| | 17/18 | 17.30/18.30 | 18/19 | 18.30/19.30 |
|-----|----------|--------------|----------|-------------|
| LUN | | PRINCIPIANTI | | AVANZATI |
| MAR | | | | |
| MER | | PRINCIPIANTI | | AVANZATI |
| GIO | AVANZATI | | AVANZATI | |
| VEN | | | | |

JUDO (SALA A)

| | 17/18 | 17.15/18.15 | 18/19 |
|-----|----------------------------|-------------|----------------------------|
| LUN | BABY JUDO | | JUDO PREGO (10-12 anni) |
| MAR | | | |
| MER | | | JUDO PREGO (10-12 anni) |
| GIO | | BABY JUDO | |
| VEN | JUDO PREGO (10-12 anni) | | |

AREA DANZA

DANCEHALL (SALA A)

| | 17/18 | 18/19 |
|-----|-----------|-----------|
| LUN | | |
| MAR | DANCEHALL | DANCEHALL |
| MER | | |
| GIO | | |
| VEN | | |

Per questioni organizzative, durante l'anno i corsi possono subire modifiche.

