

STADIO SPORT DA COMBATTIMENTO



KRAV MAGA	LUN	MAR	MER
	20:30-21:30 BASE		20:30-21:30 BASE
	21:30-22:30 AVANZATI		21:30-22:30 AVANZATI

TAE KWON DO	LUN	MAR	MER	GIOV	VEN
					19:00-20:30
		20:30-22:00		20:30-22:00	



***DISCIPLINA CON
TARIFFA SPECIALE**
60€ corso singolo
70€ corso doppio

BJJ*	LUN	MAR	MER	GIOV	VEN
	20:00-21:30 AVANZATI	20:00-21:30 BASE	20:00-21:30 AVANZATI	20:00-21:30 BASE	20:00-21:30 AVANZATI

BOXE TRAINING®	LUN	MAR	MER	GIOV	VEN	SAB
	13:00-14:30	13:00-14:30	13:00-14:30	13:00-14:30	13:00-14:30	
	19:00-20:30	19:00-20:30	19:00-20:30	19:00-20:30		
	20:30-22:00	20:30-22:00	20:30-22:00	20:30-22:00		

STADIO SPORT DA COMBATTIMENTO

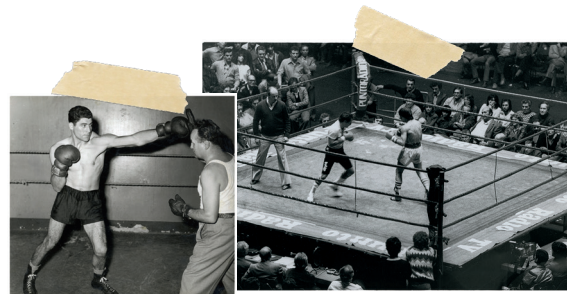


THAI BOXE	LUN	MAR	MER	GIOV
	19:00-20:30		19:00-20:30	
		19:30-20:30		19:30-20:30

MUAY THAI YOUNG	LUN	MER	VEN
	17:00-18:00 MARTIAL KIDS	17:00-18:00	17:00-18:00 MARTIAL KIDS
	18:00-19:00		18:00 - 19:00

KUNG FU	LUN	MAR	VEN
		17:00-18:00 BAMBINI	17:00-18:00 BAMBINI
	18:00-20:00 TAI CHI	18:00-19:00 ADULTI	18:00-19:00 ADULTI
			19:00-20:00 QUIN-NA
		19:00-20:00 QUIN-NA	19:30-21:00 TAI CHI

BOXE YOUNG	LUN	MER	GIOV
	17:00-18:00	17:00-18:00	17:00-18:00
	18:00-19:00	18:00-19:00	18:00-19:00



STADIO - FITNESS



	LUN	MAR	MER	GIOV	VEN	SAB
10:00-11:00	GINNASTICA DOLCE	GINNASTICA DOLCE		GINNASTICA DOLCE	PILATES	
11:00-12:00	PILATES	STRETCHING		PILATES	STRETCHING	TOTAL BODY
13:00-14:00	TABATA		FUNCTIONAL		FUNCTIONAL	
13:30 - 14:30			GYM TONIC*		GYM TONIC*	
16:00-17:00	PILATES		PILATES			
17:00-17:50	HATHA YOGA	TOTAL BODY	TOTAL BODY	TABATA	TOTAL BODY	
18:00-18:50	FUNCTIONAL	ZUMBA	FUNCTIONAL	FUNCTIONAL	ZUMBA	
19:00-19:50	ZUMBA	FUNCTIONAL	FUNCTIONAL	ZUMBA	TOTAL BODY	
20:00-20:50	TACFIT	PILATES	TACFIT	PILATES	TACFIT	

STADIO - FITNESS



AREA DANZA	LUN	MAR	MER	VEN
				10:00-10:45 BALLI DI GRUPPO INTERMEDI
				10:45-11:30 BALLI DI GRUPPO PRINCIPIANTI
	21:00-22:30 TANGO ARGENTINO	21:00-22:30 BALLI DI GRUPPO MARATONA	21:00-22:30 DANZA DEL VENTRE	



YOGA	MAR	MER	GIOV	VEN
			17:00-18:00 FITBALL STETCH	
		18:30-19:20 YOGA	18:00-18:50 PILOGA	18:30-19:20 YOGA



INDOOR CYCLING	LUN	MAR	MER	GIOV	VEN	SAB
						10:30-11:30
		13:00-14:00		13:00-14:00		
	19:00-20:00	19:00-20:00	19:00-20:00	19:00-20:00		