

## Attività 2018 / 2019

<b>ADULTI</b>	<b>Lunedì</b>	<b>Martedì</b>	<b>Mercoledì</b>	<b>Giovedì</b>	<b>Venerdì</b>
AIKIDO ( <u>Lunedì armi</u> )	19/20.30			19/20.30	
CAPOEIRA		20.30/22			20.30/22
DIFESA		19/20.30			
GOSHIN DO- KARATE	19/20.30			19/20.30	
GRAPPLING ( <u>M.M.Arts</u> )			18.30/20		18.30/20
JEET KUNE DO		20.30/22		20.30/22	
JIU JITSU BRASILIANO		19/20.30		19/20.30	
KARATE		19/20.30		19/20.30	
KENDO-IAIDO-KENJUTSU			20.30/22.30		
JIU JITSU ISRAELIAN EX KRAV MAGA		20.30/22		20.30/22	
KUNG FU HUNG GAR		19/20.30			19.00/22
PUGILATO/BOXE	18.30/20		18.30/20		18.30/20
TAE KWON DO	19/20.30		19/20.30		19/20.30
TAI CHI CHUAN			19/20.30		19/20.30
THAI BOXE -K1- KICK BOXING		19/20.30		19/20.30	
THAI BOXE-K1 – KICK BOXING		20.30/22		20.30/22	
VIET VO DAO ( <u>Kung fu vietnamita</u> )		20.30/22		20.30/22	
WING CHUN	20.30/22		20.30/22		20.30/22

<b>LIVELLI AVANZATI</b>	<b>Lunedì</b>	<b>Martedì</b>	<b>Mercoledì</b>	<b>Giovedì</b>	<b>Venerdì</b>
SPORT DA COMBATTIMENTO	20/22		20/22		20/22
TAE KWON DO	20.30/22			20.30/22	19/20.30

<b>BAMBINI E RAGAZZI</b>	<b>Lunedì</b>	<b>Martedì</b>	<b>Mercoledì</b>	<b>Giovedì</b>	<b>Venerdì</b>
AIKIDO Bambini ( <u>fino a 6 a.</u> )	17.00/18		17.00/18		
AIKIDO <u>Ragazzi (da 7 anni)</u>	18/19		17.00/19		
KARATE		17.30/19		17.30/19	
KICK BOXING - PUGILATO		17.30/19		17.30/19	
KUNG FU		17.30/19			17.30/19
TAE KWON DO <u>Bam.(6/9anni)</u>	17.30/19		17.30/19		
TAE KWON DO <u>Rag.(10/13a.)</u>	17.30/19		17.30/19		