

Attività 2016 / 2017



ADULTI	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
AIKIDO (<u>Lunedì armi</u>)	19/20.30			19/20.30	
CAPOEIRA		20.30/22			20.30/22
GOSHIN DO- KARATE	19/20.30			19/20.30	
GRAPPLING - M.M.A.		19/20.30		19/20.30	
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		
DIFESA		19/20.30		19/20.30	
KRAV MAGA		20.30/22		20.30/22	
KUNG FU HUNG GAR		19/20.30			19.00/22
M.M.A.- LOTTA		19/20.30		19/20.30	
NINJUTSU		20.30/22		20.30/22	
PUGILATO/BOXE	18.30/20		18.30/20		18.30/20
SPORT COMB. (<u>Agonisti</u>)	20/22		20/22		20/22
TAE KWON DO	19/20.30		19/20.30		19/20.30
TAE KWON DO (<u>Agonisti</u>)	20.30/22			20.30/22	19/20.30
TAI CHI CHUAN			19/20.30		19/20.30
THAI B.-GRAPPLING-K1		19/20.30		19/20.30	
THAI BOXE-KICK BOXING		19/20.30		19/20.30	
THAI BOXE-KICK BOXING		20.30/22		20.30/22	
THAI B.-KICK B.- K1	17.30/18.30	17.30/19		17.30/19	17.30/18.30
WING CHUN	20.30/22		20.30/22		20.30/22
G.FUNZIONALE					

BAMBINI E RAGAZZI	Lunedì	Martedì	Mercole	Giovedì	Venerdì
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 Bambini e <u>Ragazzi</u>		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.(6/9 anni)</u>	17.30/19		17.30/19		
TAE KWON DO <u>Rag.(10/13a.)</u>	17.30/19		17.30/19		