

LUN	MAR	MER	GIO	VEN	SAB
9:00 Ginnastica Dolce	9:00 Personal Training	9:00 Functional Training	9:00 Ginnastica Dolce		
10:00 Personal Training		10:00 Special Karate CSE	10:00 PILATES		15:30 Scherma di bastone
		10:00 Personal Training	11:00 Personal Training	11:30 Personal Training	
	17:00 Karate Bambini	17:00 Kickboxing bambini		17:00 Karate Bambini	
18:00 Functional Training	18:00 Functional Training	18:00 Functional Training	18:00 Functional Training	18:00 Functional Training	
19:00 Jiu Jitsu	19:00 Karate	19:00 Tai Chi Base	19:00 Jiu Jitsu	19:00 Karate	
19:00 Kickboxing	20:00 PILATES	20:00 Tai Chi Avanzati	19:30 MMA/Kickboxing	20:00 Tai Chi Chuan	
20:00 Functional Training					