CORSI ANNO ACCADEMICO 2016-2017

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| LUNEDI’ | MARTEDI’ | MERCOLEDI’ | GIOVEDI’ | VENERDI’ | SABATO |
| BJJ mattina ELIXIA 9,30-10,30 |  | BJJ mattina ELIXIA 9,30-10,30 |  |  |  |
|  |  |  |  |  |  |
| TITO  18,30-19,30 (bambini bjj)  19,30-20,30  (adulti MMA) | ELIXIA  17,30-18,30  (bambini bjj)  18,30-19,30  (bambini kick) | VIETRI  17,45-18,30  (bambini bjj)  18,30-19,30  (adulti MMA) | TITO  18,30-19,30 (bambini bjj)  19,30-20,30  (adulti MMA) | VIETRI  18,30-19,30  (bambini bjj)  19,30-20,30  (adulti MMA) |  |
| BELLA  19-20  (bambini kick)  20-21  (adulti kick) | ELIXIA  19,30-21  (adulti MMA)  21-22,30  (adulti bjj) | BELLA  17,30-18,30  (bambini kick)  18,30-19,30  (adulti kick) | ELIXIA  17,30-18,30  (bambini bjj)  18,30-19,30  (bambini kick) | ELIXIA  19,30-21  (adulti MMA) |  |
| ELIXIA  20-21  KICK BOXING |  |  | ELIXIA  19,30-21  (adulti MMA)  21-22,30  (adulti bjj) |  |  |