

Orario lezioni sala RING Settembre – Giugno 2019

dalle	alle	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
17.00	17.30						
17.30	18.00	MUAY THAI BAMBINI		MUAY THAI BAMBINI		MUAY THAI BAMBINI	
18.00	18.30	MUAY THAI BAMBINI		MUAY THAI BAMBINI		MUAY THAI BAMBINI	
18.30	19.00	MUAY THAI BAMBINI		MUAY THAI BAMBINI		MUAY THAI ADULTI	
19.00	19.30	MUAY THAI ADULTI	KICK BOXING	MUAY THAI ADULTI	KICK BOXING	MUAY THAI ADULTI	
19.30	20.00	MUAY THAI ADULTI	KICK BOXING	MUAY THAI ADULTI	KICK BOXING	MUAY THAI ADULTI	
20.00	20.30	MUAY THAI ADULTI	KICK BOXING	MUAY THAI ADULTI	KICK BOXING	KICK BOXING	
20.30	21.00	AIKIDO	KICK BOXING		KICK BOXING	KICK BOXING	
21.00	21.30	AIKIDO				KICK BOXING	
21.30	22.00	AIKIDO					