

| CORSO                    | Lunedì                            | Martedì                           | Mercoledì                         | Giovedì                           | Venerdì                                | Sabato                         |
|--------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|----------------------------------------|--------------------------------|
| BOXE/FUNCTIONAL TRAINING | 9:00 - 14:00                      | 9:00 - 14:00                      | 9:00 - 14:00                      | 9:00 - 14:00                      | 9:00 - 14:00                           | 9:00 - 13:00                   |
|                          | 16:00 - 22:00                     | 16:00 - 22:00                     | 16:00 - 22:00                     | 16:00 - 22:00                     | 16:00 - 21:00                          | ORARIO ESTIVO<br>17:00 - 19:00 |
| KICK BOXING K1           | 9:00 - 14:00                      | 9:00 - 14:00                      | 9:00 - 14:00                      | 9:00 - 14:00                      | 9:00 - 14:00                           | 9:00 - 13:00                   |
|                          | 16:00 - 22:00                     | 16:00 - 22:00                     | 16:00 - 22:00                     | 16:00 - 22:00                     | 16:00 - 21:00                          | ORARIO ESTIVO<br>17:00 - 19:00 |
|                          | JUNIOR<br>18:00 - 19:00           | BEGINNER<br>19:00 - 20:30         | JUNIOR<br>18:00 - 19:00           | BEGINNER<br>19:00 - 20:30         | 19:00 - 20:30                          |                                |
|                          | 19:00 - 20:30                     |                                   | 19:00 - 20:30                     |                                   |                                        |                                |
| BRAZILIAN JIU JITSU      | GI<br>10:30 - 12:00               | GI<br>7:00 - 8:00                 | GI<br>10:30 - 12:00               | BEGINNER - NO GI<br>09:30 - 10:30 | NO GI<br>7:00 - 8:00                   | WOMEN ONLY<br>10:00 - 11:00    |
|                          | KIDS<br>17:00 - 18:00             | BEGINNER - NO GI<br>09:30 - 10:30 | BEGINNER - NO GI<br>18:00 - 19:00 | ADVANCED - NO GI<br>10:30 - 12:00 | GI<br>10:30 - 12:00                    | OPEN MAT<br>10:00 - 13:00      |
|                          | BEGINNER - NO GI<br>18:00 - 19:00 | ADVANCED - NO GI<br>10:30 - 12:00 | NO GI<br>20:00 - 21:30            | BEGINNER - GI<br>18:00 - 19:00    | KIDS<br>17:00 - 18:00                  |                                |
|                          | GI<br>20:00 - 21:30               | BEGINNER - GI<br>18:00 - 19:00    |                                   |                                   | GRAPPLING<br>18:00 - 19:00             |                                |
|                          |                                   |                                   |                                   |                                   | (ENG)BEGINNER - NO GI<br>19:00 - 20:00 |                                |
|                          |                                   |                                   |                                   |                                   |                                        |                                |
| MIXED MARTIAL ARTS       | ADVANCED<br>10:00 - 11:00         | YOUTH<br>17:00 - 18:00            | ADVANCED<br>10:00 - 11:00         | YOUTH<br>17:00 - 18:00            | ADVANCED<br>10:00 - 11:00              | OPEN MAT<br>10:00 - 13:00      |
|                          | AMATEUR<br>19:00 - 20:30          | BEGINNER<br>19:00 - 20:00         | AMATEUR<br>19:00 - 20:30          | BEGINNER<br>19:00 - 20:00         |                                        |                                |
| TACFIT                   | 18:45 - 19:45                     | 12:30 - 13:30                     | 18:45 - 19:45                     | 12:30 - 13:30                     |                                        |                                |
| JUDO                     |                                   | JUNIOR<br>17:00 - 18:00           |                                   | JUNIOR<br>17:00 - 18:00           |                                        | 17:30 - 19:00                  |
|                          |                                   | 20:00 - 21:30                     |                                   | 20:30 - 23:00                     |                                        |                                |
| NIPPON KEMPO             |                                   | JUNIOR<br>19:00 - 20:00           |                                   | JUNIOR<br>19:00 - 20:00           |                                        |                                |
|                          |                                   | 20:30 - 22:00                     |                                   | 20:30 - 22:00                     |                                        |                                |
| KENDO                    | JUNIOR<br>19:00 - 20:00           |                                   | JUNIOR<br>19:00 - 20:00           |                                   |                                        |                                |
|                          | 19:30 - 21:15                     |                                   | 19:50 - 21:15                     |                                   |                                        |                                |
| YOGA                     |                                   |                                   | ASHTANGA<br>12:45 - 13:45         | MYSORE<br>17:30 - 20:00           |                                        |                                |
| TAEKWONDO                | 18:00 - 19:00                     |                                   |                                   | 18:00 - 19:00                     |                                        |                                |