



# Orario settimanale delle pratiche

	lunedì	martedì	mercoledì	giovedì	venerdì	sab ato
08:30						
09:00		ginnastic a posturale		ginnastic a posturale		
09:30		ginnastic a posturale		ginnastic a posturale		
10:00				capoeira mamme		
10:30						
11:00	ginnastic a posturale		ginnastic a posturale			
11:30						
12:00		kick boxing - muay thai	kick boxing - muay thai		kick boxing - muay thai	
12:30						
13:00						
13:30						
14:00						
14:30						
15:00						
15:30					ginnastic a posturale	
16:00		judo 11-13 anni		judo 11-13 anni		
16:30						
17:00	ki aikido 4-6 anni	judo 4-6 anni	ki aikido 4-6 anni	judo 4-6 anni	danza modern jazz baby	capoeira bambini
17:30	qwan ki do 5-12 anni	kick boxing - muay thai 6-12 anni	qwan ki do 5-12 anni	danza modern jazz baby	capoeira bambini	tango argentini o principianti
18:00	hip hop 6-12 anni	danza modern jazz teen	hip hop 6-12 anni	karate 7-8 anni	karate 4-6 anni	capoeira mamme
18:30	karate 7-8 anni	danza modern jazz teen	karate 7-8 anni	karate 11-13 anni	karate 4-6 anni	capoeira mamme
18:30	danza orientale	judo 7-10 anni	ki aikido 7-15 anni	ki aikido adulti	judo 7-10 anni	judo shinken shobu
19:00	karate 11-13 anni	judo adulti	ki adulti	hip hop 13-17 anni	karate 11-13 anni	danza modern jazz teen
19:00	karate adulti	kick boxing - muay thai	ki adulti	hip hop 13-17 anni	karate adulti	capoeira adulti
19:30	karate adulti	kick boxing - muay thai	ki adulti	hip hop 13-17 anni	karate adulti	capoeira adulti
20:00	ki aikido adulti	kick boxing - muay thai	ki adulti	hip hop 13-17 anni	karate adulti	capoeira adulti
20:00	ki aikido adulti	kick boxing - muay thai	ki adulti	hip hop 13-17 anni	karate adulti	capoeira adulti
20:30	qwan ki do	kick boxing - muay thai	ki aikido adulti	hip hop 13-17 anni	karate adulti	capoeira adulti
21:00	shinken adulti	kick boxing - muay thai	ki aikido adulti	hip hop 13-17 anni	karate adulti	capoeira adulti
21:00	shinken adulti	kick boxing - muay thai	ki aikido adulti	hip hop 13-17 anni	karate adulti	capoeira adulti
21:30		kick boxing - muay thai	ki aikido adulti	hip hop 13-17 anni	karate adulti	capoeira adulti
21:30		kick boxing - muay thai	ki aikido adulti	hip hop 13-17 anni	karate adulti	capoeira adulti
22:00		kick boxing - muay thai	ki aikido adulti	hip hop 13-17 anni	karate adulti	capoeira adulti
22:00		kick boxing - muay thai	ki aikido adulti	hip hop 13-17 anni	karate adulti	capoeira adulti
22:30		kick boxing - muay thai	ki aikido adulti	hip hop 13-17 anni	karate adulti	capoeira adulti
22:30		kick boxing - muay thai	ki aikido adulti	hip hop 13-17 anni	karate adulti	capoeira adulti
23:00		kick boxing - muay thai	ki aikido adulti	hip hop 13-17 anni	karate adulti	capoeira adulti
23:00		kick boxing - muay thai	ki aikido adulti	hip hop 13-17 anni	karate adulti	capoeira adulti
23:30		kick boxing - muay thai	ki aikido adulti	hip hop 13-17 anni	karate adulti	capoeira adulti
23:30		kick boxing - muay thai	ki aikido adulti	hip hop 13-17 anni	karate adulti	capoeira adulti