

ORARIO

** allenamenti in saletta*

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
12:30-13:30	FUNCTIONAL TRAINING		FUNCTIONAL TRAINING		FUNCTIONAL TRAINING	Sparring su programmazione
17:00-18:00	KICKBOXING JUNIOR		KICKBOXING JUNIOR		KICKBOXING JUNIOR	
18:00-19:00	KICKBOXING ADULTI		KICKBOXING ADULTI		KICKBOXING ADULTI	
18:00-19:00	FUNCTIONAL TRAINING*		FUNCTIONAL TRAINING*		FUNCTIONAL TRAINING*	
19:00-20:00	KICKBOXING ADULTI		KICKBOXING ADULTI		KICKBOXING ADULTI	
20:00-21:00		BOXE		BOXE		