

# PROGRAMMA CORSI 2020 - 2021

\* con abbonamento specifico

<b>LUNEDI</b>	9.30 - 10.30 CIRCUITO TOTAL BODY		13.30 - 14.15 WBS*		18.00 - 19.00 FUNZIONALE		
		12.30 - 13.30 BOXE PRE PUGILISTICA				19.00 - 20.00 KICK BOXING	20.00 - 21.00 BOXE
<b>MARTEDI</b>	9.15 - 10.00 WBS*	10.00 - 10.45 GINNASTICA POSTURALE	13.30 - 14.15 WBS*	17.15 - 18.00 TOTAL BODY	18.00 - 18.50 MOBILITY		
		11.00 - 12.30 MMA AGONISTI				19.00 - 20.00 MMA	20.00 - 21.00 WRESTLING
<b>MERCOLEDI</b>	9.30 - 10.30 CIRCUITO TOTAL BODY		13.30 - 14.15 WBS*				
		11.30 - 12.30 JIU JITSU NoGi				19.00 - 20.00 KICK BOXING	20.00 - 21.15 JIU JITSU
<b>GIOVEDI</b>	9.15 - 10.00 WBS*	10.00 - 10.45 GINNASTICA POSTURALE	13.30 - 14.15 WBS*	17.15 - 18.00 TOTAL BODY	18.00 - 18.50 MOBILITY		
		11.00 - 12.30 MMA AGONISTI				19.00 - 20.00 MMA	20.00 - 21.00 WRESTLING
<b>VENERDI</b>					18.00 - 19.00 FUNZIONALE		
		11.30 - 12.30 OPEN MAT NoGi				19.00 - 20.00 BOXE	20.00 - 21.15 JIU JITSU