



# SONS OF FIGHT

		LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO		
07.00	09.30	-	FREE	-	FREE	-	-	07.00	09.30
09.30	10.00		GINNASTICA POSTURALE		GINNASTICA POSTURALE			09.30	10.00
10.00	10.30		FREE		FREE			10.00	10.30
10.30	12.40		FREE		FREE			10.30	12.40
12.40	13.20	INTERVAL WORKOUT	FIT BOXE	SURVIVORS WORKOUT	DANCE FITNESS	G.A.G.	FREE	12.40	13.20
13.20	17.00	FREE	FREE	FREE	FREE	FREE		13.20	17.00
17.00	18.00	KARATE BIMBI (2012 - 2016)	BOXE-MUAY THAI BIMBI	KARATE BIMBI (2012 - 2016)	BOXE-MUAY THAI BIMBI	FIT LADIES		17.00	18.00
18.00	18.45	G.A.G. *	BOXE	INTERVAL WORKOUT *	BOXE			18.00	18.45
18.45	19.15	KARATE - ADULTI E RAGAZZI (fino al 2011)	BRASILIAN JIU JITSU	KARATE - ADULTI E RAGAZZI (fino al 2011)	MUAY THAI	BRASILIAN JIU JITSU		18.45	19.15
19.15	20.00					20.00		20.30	
20.00	20.30	FIT BOXE	MUAY THAI	FIT BOXE	BOXE/K1	KARATE - ADULTI E RAGAZZI AGONISTICO (fino al 2008)		20.00	20.30
20.30	21.00	INTERVAL WORKOUT STRONG		SURVIVORS WORKOUT *		-		20.30	21.00
21.00	21.30							21.00	21.30
21.30	21.45					-	21.30	21.45	