



# SONS OF FIGHT

|   | LUNEDI        | MARTEDI                        | MERCOLEDI     | GIOVEDI                        | VENERDI                        | SABATO        |
|---|---------------|--------------------------------|---------------|--------------------------------|--------------------------------|---------------|
| <b>FREE</b>   | 15.00 - 17.00 | 10.30 - 12.00                  | 15.00 - 17.00 | 10.30 - 12.00                  | 12.15 - 14.00<br>15.00 - 21.15 | 11.00 - 14.00 |
| <b>GINNASTICA POSTURALE</b>                                 |               | 09.00 - 09.45<br>09.45 - 10.30 |               | 09.00 - 09.45<br>09.45 - 10.30 |                                |               |
| <b>INTERVAL WORKOUT<br/>(anche online)</b>                  | 12.15 - 14.00 |                                |               | 19.15 - 20.00                  |                                |               |
| <b>SURVIVORS WORKOUT</b>                                    |               | 20.30 - 21.15                  | 12.15 - 14.00 |                                |                                |               |
| <b>GINNASTICA E MOBILITA'<br/>FUNZIONALE (anche online)</b> |               |                                | 19.00 - 19.45 |                                |                                |               |
| <b>G.A.G.<br/>(anche online)</b>                            | 19.00 - 19.45 |                                |               |                                |                                |               |
| <b>FIT BOXE<br/>(anche online)</b>                          | 19.45 - 20.30 |                                | 19.45 - 20.30 |                                |                                |               |
| <b>COMBAT BABY</b>  |               | 17.15 - 18.00                  |               | 17.15 - 18.00                  |                                |               |
| <b>COMBAT KIDS</b>  | 17.00 - 18.00 |                                | 17.00 - 18.00 |                                |                                |               |
| <b>KARATE</b>   | 18.00 - 19.00 |                                | 18.00 - 19.00 |                                |                                |               |
| <b>BOXE</b>   |               | 12.15 - 14.00<br>18.00 - 19.15 |               | 12.15 - 14.00<br>18.00 - 19.15 |                                |               |
| <b>MUAY THAI</b>  | 20.30 - 21.30 | 19.15 - 20.30                  | 20.30 - 21.30 | 20.00 - 21.15                  |                                |               |
| <b>COMBAT DEFENSE<br/>(ogni 2°sabato del mese)</b>          |               |                                |               |                                |                                | 10.00-11.00   |