



	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
7.00	<b>BJJ</b> 7.00 - 8.00		<b>BJJ</b> 7.00 - 8.00		
8.00					
9.30	<b>GINNASTICA GENERALE</b> 9.30 - 10.30		<b>GINNASTICA GENERALE</b> 9.30 - 10.30		<b>GINNASTICA GENERALE</b> 9.30 - 10.30
10.00					
10.30		<b>YOGA</b> 10.00 - 11.30		<b>YOGA</b> 10.00 - 11.30	
11.00	<b>GINNASTICA BODY TONE</b> 10.30 - 11.30		<b>GINNASTICA BODY TONE</b> 10.30 - 11.30		<b>GINNASTICA BODY TONE</b> 10.30 - 11.30
11.30					
12.00					
12.30					
13.00					
13.30					
14.00	<b>FUNCTIONAL</b> 13.30 - 14.30	<b>BJJ</b> 13.30 - 15.00	<b>FUNCTIONAL</b> 13.30 - 14.30	<b>BJJ</b> 13.30 - 15.00	<b>FUNCTIONAL</b> 13.30 - 14.30
14.30					
15.00					
15.30					
16.00	<b>FUNCTIONAL</b> 16.00 - 16.30		<b>FUNCTIONAL</b> 16.00 - 16.30		<b>FUNCTIONAL</b> 16.00 - 16.30
16.30					
17.00	<b>PILATES</b> 16.30 - 17.30	<b>JIU JITSU KIDS</b> 16.30 - 18.00	<b>PILATES</b> 16.30 - 17.30	<b>JIU JITSU KIDS</b> 16.30 - 18.00	<b>PILATES</b> 16.30 - 17.30
17.30		<b>FUNCTIONAL</b> 16.30 - 18.00		<b>FUNCTIONAL</b> 16.30 - 18.00	
18.00	<b>FUNCTIONAL</b> 17.30 - 18.00		<b>FUNCTIONAL</b> 17.30 - 18.00		<b>FUNCTIONAL</b> 17.30 - 18.00
18.30					
19.00	<b>MMA</b> 18.30 - 19.30	<b>FUNCTIONAL</b> 19.00 - 19.30	<b>MMA</b> 18.30 - 19.30	<b>FUNCTIONAL</b> 19.00 - 19.30	<b>MMA</b> 18.30 - 19.30
19.30		<b>MMA</b> 18.00 - 20.00		<b>MMA</b> 18.00 - 20.00	
20.00	<b>BJJ</b> 19.30 - 21.00		<b>BJJ</b> 19.30 - 21.00		<b>BJJ</b> 19.30 - 21.00
20.30	<b>FUNCTIONAL</b> 20.00 - 20.30		<b>FUNCTIONAL</b> 20.00 - 20.30		<b>FUNCTIONAL</b> 20.00 - 20.30
21.00		<b>KICK BOXING</b> 20.30 - 21.30		<b>KICK BOXING</b> 20.30 - 21.30	
21.30					
22.00	<b>WING CHUN</b> 21.00 - 22.30		<b>WING CHUN</b> 21.00 - 22.30		
22.30					

