



TABELLA ORARI - FIGHT BACK

LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO	
09.00 – 10.00	OPEN*	09.00 – 10.00	OPEN*	09.00 – 10.00	OPEN*	09.00 – 10.00	OPEN*	09.00 – 10.00	OPEN*	09.30 – 10.30	KRAV MAGA
10.00 – 11.00	KRAV MAGA	10.00 – 11.00	OPEN*	10.00 – 11.00	KRAV MAGA	10.00 – 11.00	OPEN*	10.00 – 11.00	OPEN*	10.30 – 11.30	MMA
11.00 – 12.00	OPEN*	11.00 – 12.00	OPEN*	11.00 – 12.00	OPEN*	11.00 – 12.00	OPEN*	11.00 – 12.00	OPEN*	11.30 – 12.30	CROSS TRAINING
12.00 – 13.00	OPEN*	12.00 – 13.00	OPEN*	12.00 – 13.00	OPEN*	12.00 – 13.00	OPEN*	12.00 – 13.00	OPEN*		
13.00 – 14.00	CROSS TRAINING	13.00 – 14.00	KRAV MAGA	13.00 – 14.00	CROSS TRAINING	13.00 – 14.00	KRAV MAGA	13.00 – 14.00	MMA		
14.00 – 15.00	OPEN*	14.00 – 15.00	OPEN*	14.00 – 15.00	OPEN*	14.00 – 15.00	OPEN*	14.00 – 15.00	OPEN*		
15.00 – 16.00	OPEN*	15.00 – 16.00	OPEN*	15.00 – 16.00	OPEN*	15.00 – 16.00	OPEN*	15.00 – 16.00	OPEN*		
16.00 – 17.00	OPEN*	16.00 – 17.00	OPEN*	16.00 – 17.00	OPEN*	16.00 – 17.00	OPEN*	16.00 – 17.00	OPEN*		
17.00 – 18.00	MMA RAGAZZI (11-14)	17.00 – 18.00	KRAV MAGA BIMBI	17.00 – 18.00	MMA RAGAZZI (11-14)	17.00 – 18.00	KRAV MAGA BIMBI	17.00 – 18.00	MMA RAGAZZI (11-14)		
18.00 – 19.00	MMA	17.00 – 18.00	TONIFICAZIONE	18.00 – 19.00	MMA	17.00 – 18.00	TONIFICAZIONE	18.00 – 19.00	OPEN*		
19.30 – 21.00	MMA	18.00 – 19.00	CROSS TRAINING	19.30 – 21.00	MMA	18.00 – 19.00	CROSS TRAINING	19.30 – 21.00	OPEN*		
		19.30 – 21.00	KRAV MAGA			19.30 – 21.00	KRAV MAGA				
		21.00 – 22.30	KRAV MAGA			21.00 – 22.30	KRAV MAGA				