



EXTREME MARTIAL ACADEMY

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ORARI	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
10:00/11:00		YOGA		YOGA	
11:00/12:00	FUNCTIONAL WOMAN			FUNCTIONAL WOMAN	
17:00/18:00	KRAV MAGA THAI BOXE <i>6/14 ANNI</i>	BOXE GIOVANILE WING CHUN <i>6/14 ANNI</i>	KRAV MAGA THAI BOXE <i>6/14 ANNI</i>	BOXE GIOVANILE WING CHUN <i>6/14 ANNI</i>	
18:00/19:00	THAI BOXE GIOVANILE	KARATE TAEKWONDO <i>6/14 ANNI</i>	THAI BOXE GIOVANILE	KARATE TAEKWONDO <i>6/14 ANNI</i>	
18:00/19:00		FUNCTIONAL TRAINING MMA		FUNCTIONAL TRAINING MMA	
19:00/20:00	THAI BOXE AMATORIALE	KARATE	THAI BOXE AMATORIALE	KARATE	THAI BOXE AMATORIALE
19:00/20:00	BOXE AMATORIALE	FUNCTIONAL WOMAN GRAPPLING	BOXE AMATORIALE	FUNCTIONAL WOMAN GRAPPLING	BOXE AMATORIALE
19:00/20:30	BOXE AGONISTI	TAEKWONDO	BOXE AGONISTI	TAEKWONDO	BOXE AGONISTI
20:00/21:00	THAI BOXE AMATORI	KRAV MAGA	THAI BOXE AMATORI	KRAV MAGA	THAI BOXE AMATORI
20:00/21:30	THAI BOXE AGONISTI		THAI BOXE AGONISTI		THAI BOXE AGONISTI
20:30/21:30		WING CHUN		WING CHUN	

ORARI SALA PESI :

dal Lunedì al Venerdì: h.9:30 | 21:30 • Sabato 9:00 | 12:30