



ORARI ARTI MARZIALI 2025

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
10:00	BJJ 10:00/12:00			BJJ 10:00/12:00		
11:00						
12:00						
13:00						
14:00						
15:00						
16:00			BJJ KIDS 16:00/17:00			
17:00						
18:00						
19:00	BJJ 19:00/20:30	MMA KICK BOXE 19:00/20:30	BJJ 18:30/20:00	MMA KICK BOXE 19:00/20:30	MMA KICK BOXE 19:00/20:30	WRESTLING 19:00/20:30
20:00			MMA 19:00/20:30			
21:00						