

PALINSESTO ITALIAN DEFENCE ACADEMY

STAGIONE SPORTIVA 2020/2021

GIORNO	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	22:30					
LUNEDÌ	Solo Corsi		Entrata Libera Palestra																			Solo Corsi															
	Fighters Circuit													Fit For Fight												Functional Training											
																				Fight Punch						Arti Marziali Miste											
																				Kick Boxing Lady									Aikido						JiuJitsu Mizu Ryu		
GIORNO	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	22:30					
MARTEDÌ	Chiuso		Entrata Libera Palestra																			Solo Corsi															
													Brazilian Jiu-Jitsu								Kick Boxing Teen		Brazilian Jiu-Jitsu														
																			A.B Killer																		
																			Fit For Kick Boxing																		
																			Indoor Rowing				Kick Boxing / K1														
GIORNO	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	22:30					
MERCLEDÌ	Solo Corsi		Entrata Libera Palestra																			Solo Corsi															
	Fighters Circuit													Fit For Fight												Functional Training											
																				Fight Punch						Arti Marziali Miste											
																				Kick Boxing Lady									Aikido								
GIORNO	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	22:30					
GIOVEDÌ	Chiuso		Entrata Libera Palestra																			Solo Corsi															
													Brazilian Jiu-Jitsu								Brazilian Jiu-Jitsu																
																			A.B Killer																		
																			Fit For Kick Boxing																		
																			Indoor Rowing				Kick Boxing / K1				JiuJitsu Mizu Ryu										
GIORNO	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	22:30					
VENERDÌ	Chiuso		Entrata Libera Palestra																			Solo Corsi															
																		Kick Boxing Teen								Tessuti Aerei											
																			Indoor Rowing																		
																			Arti Marziali Miste																		
GIORNO	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	22:30					
SABATO	Chiuso				Entrata Libera Palestra											Chiuso																					
GIORNO	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	22:30					
DOMENICA	Chiuso																																				