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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| LUNEDI’ | K1/BOXE  BASE | 11:30-12:30 | K1/BOXE AVANZATO | 12:30-14:30 |  |  | GRAPPLING | 20:00-21.30 |  |
| MARTEDI’ |  |  |  |  | K1/ BOXE  BASE | 19.00-20:00 | K1/BOXE/  M.M.A. AVANZATO | 20.00-21:30 |  |
| MERCOLEDI’ |  |  |  |  |  |  | GRAPPLING | 20.00-21:30 |  |
| GIOVEDI’ | K1/BOXE  BASE | 11:30-12:30 | K1/BOXE  AVANZATO | 12:30-14:30 | K1/ BOXE  BASE | 19.00 – 20.00 | K1/BOXE/  M.M.A. AVANZATO | 20:00-21.30 |  |
| VENERDI’ |  |  |  |  |  |  | K1/BOXE/  M.M.A. /GRAPPLING AVANZATO | 20:00-21.30 |  |