



ARTI MARZIALI 2009-2010

Via del Fosso di Dragoncello, 201
00124 Roma

Tel/Fax 06.52.31.07.37/8/9

Lunedì

Martedì

Mercoledì

Sala C	Sala B	Sala D	Sala C	Sala D	Sala C	Sala B	Sala D
		17.00/18.00 <u>AIKIDO</u> BAMBINI	17.00/18.00 <u>KARATE</u> BAMBINI				17.30/18.30 <u>KUNG FU</u> BAMBINI
		18.00/20.00 <u>AIKIDO</u> ADULTI	18.00/19.00 <u>KARATE</u> RAGAZZI				18.30/19.30 <u>KOMBO</u>
20.00/21.30 <u>MUAY THAI</u>	20.30/22.00 <u>KUNG FU</u> ADULTI	20.00/21.00 <u>DIFESA</u> <u>PERSONALE</u>	19.30/21.00 <u>CAPOEIRA</u> ADULTI	19.30/21.00 <u>KARATE</u> ADULTI	20.00/21.30 <u>MUAY THAI</u>	20.30/22.00 <u>KUNG FU</u> ADULTI	19.30/21.30 <u>KARATE</u> FREE KOMBAT

Giovedì

Venerdì

Sala C	Sala B	Sala D	Sala C	Sala B	Sala D
		17.00/18.00 <u>AIKIDO</u> BAMBINI	17.00/18.00 <u>KARATE</u> BAMBINI		17.30/18.30 <u>KUNG FU</u> BAMBINI
		18.00/20.00 <u>AIKIDO</u> ADULTI	18.00/19.00 <u>KARATE</u> RAGAZZI		18.30/19.30 <u>KOMBO</u>
19.30/21.00 <u>CAPOEIRA</u> ADULTI		20.00/21.00 <u>DIFESA</u> <u>PERSONALE</u>	19.30/21.00 <u>KARATE</u> ADULTI		20.00/21.30 <u>MUAY THAI</u>