

LIGORIO ACADEMY

A.S.D. www.ligorioacademy.it

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SABATO

9/11	GRAPPLING
16,30	TAI CHI
17,20	KUNG FU



ORE	LUNEDI	MARTEDI	MERCOL.	GIOVEDI	VENERDI
8,40	TAI CHI		CHIUSO		TAI CHI
9,30	THAI PANAN	FR.TR. PAKUA		FR.TR PAKUA	THAI PANAN
10,20	MMA KALI	MMA PANAN		MMA KALI	MMA KALI
11,10	KICK JKD	PUGIL JKD		PUGIL JKD	KICK JKD
12,00	PUGIL PANAN	CHINNA THAI		CHINNA THAI	PUGIL PANAN
12,50	JKD	MMA SILAT		MMA SILAT	MMA JKD
16,10	TAI CHI			TAI CHI	TAI CHI
17,00	KUNG FU	PUGIL KALI	KUNG FU	PUGIL KALI	LITTLE DRAGON
17,50	THAI PUGIL	THAI PANAN	THAI PUGIL	THAI PANAN	MMA JKD
18,40	MMA DRAGON TEEN	MMA JKD	MMA DRAGON TEEN	MMA JKD	PW TRAINING
19,30	PUGIL JKD	KUNG FU SANDA	PUGIL JKD	KUNG FU	KUNG FU SANDA
20,20	THAI KALI	TAI CHI NEI KUNG	THAI KALI	TAI CHI NEI KUNG	
21,10	KICK PANAN		KICK PANAN	LIGORIO TOP TEAM	