

LIGORIO ACADEMY

A.S.D. www.ligorioacademy.it

VIA GARIZIO 24/A TORINO TEL. 011 7497511

SABATO

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



ORE	LUNEDI	MARTEDI	MERCOL.	GIOVEDI	VENERDI
8,40	TAI CHI	KUNG FU	TAI CHI	KUNG FU	TAI CHI
9,30	THAI KALI	MAK PAKUA	THAI KALI	MAK PAKUA	THAI KALI
10,20	MMA PANAN	MMA PANAN	MMA PANAN	MMA PANAN	MMA PANAN
11,10	KICK JKD	PUGIL JKD	KICK JKD	PUGIL JKD	KICK JKD
12,00	THAI PUGIL	KICK KALI	MAK CHINNA	THAI KALI	MAK CHINNA
12,50	MMA JKD	MMA PANAN	MMA JKD	MMA PANAN	MMA JKD
16,10	TAI CHI	MAK	TAI CHI	MAK	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	PUGIL JKD	KUNG FU	SANDA KICK
20,20	THAI KALI	TAI CHI NEI KUNG	THAI KALI	TAI CHI	CHIUSURA
21,10	KICK PANAN	LIGORIO TOP TEAM	KICK PANAN	LIGORIO TOP TEAM	