

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		TAI CHI		TAI CHI
9,30	THAI KALI	FR.TR. PAKUA	THAI KALI	FR.TR 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	FR.TR PUGIL	THAI KALI	FR.TR. CHINNA	THAI KALI	PUGIL CHINNA
12,50	MMA JKD	MMA PANAN	MMA JKD	MMA PANAN	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	LUCA E SARA	KICK PANAN	LIGORIO TOP TEAM	