

# Open days Settembre 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02	03	04	05	06
				VIET VO DAO BAMBINI 17.30
09	10	11	12	13
	KARATE BAMBINI 17.00	VIET TAI CHI 9.00 POLE DANCE 14.30 VIET VO DAO JR 18.00	KICK BOXING JR 18.30 KARATE ADULTI 20.30	POLE DANCE BASE 19.00 VIET TAI CHI 19.30
16	17	18	19	20
BODY ATTACK 20.10	SOFT TONE 8.30 PILATES 18.00 CALISTHENICS 19.30 CALISTHENICS 20.30	SELF DEFENCE 20.20 MMA 21.00	YOGA 9.00 PICCOLE TIGRI 16.30 FIT BOXE 17.40 VIET VO DAO ADULTI 20.30	TONE UP 18.00
23	24	25	26	27
YOGA 20.00	BJJ 19.00 VIET BOXING 19.30		POLE DANCE BASE 19.00	