

PALINSESTO ITALIAN DEFENCE ACADEMY

STAGIONE SPORTIVA 2024/2025

GIORNO	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	22:30
LUNEDÌ	Chiuso			Entrata Libera Palestra																		Solo Corsi										
																			Bjj teen													
																			Tessuti Aerei													
																			Functional Training			Arti Marziali Miste						Aikido				
GIORNO	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	22:30
MARTEDÌ	Functional Training			Entrata Libera Palestra																		Solo Corsi										
																			Kick Boxing Teen			Brazilian Jiu-Jitsu										
																			Kick Boxing / K1													
																			Rowing													
GIORNO	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	22:30
MERCLEDÌ	Chiuso			Entrata Libera Palestra																		Solo Corsi										
																			Bjj teen													
																			Functional Training			Arti Marziali Miste						Aikido				
																			Brazilian Jiu-Jitsu						Kick Boxing / K1							
GIORNO	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	22:30
GIOVEDÌ	Functional Training			Entrata Libera Palestra																		Solo Corsi										
																			Brazilian Jiu-Jitsu						Kick Boxing / K1							
																			Rowing													
																			Kick Boxing Teen			Tessuti Aerei										
GIORNO	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	22:30
VENERDÌ	Chiuso			Entrata Libera Palestra																		Solo Corsi										
																			Arti Marziali Miste													
GIORNO	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	22:30
SABATO	Chiuso			Entrata Libera Palestra												Chiuso																
				Entrata Libera Palestra						Tessuti Aerei			Entrata Libera Palestra																			
GIORNO	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	22:30
DOMENICA	Chiuso																															