# ACCADEMIA ARTI MARZIALI PICCOLO DRAGO A.S.D. -STAGIONE 2018/19

| | Lunedì | | | Martedì | | | Mercoledì | | | Giovedì | | | Venerdì | | | Sabato | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | *Sala 1* | *Sala 2* | *Sala 3* | *Sala 1* | *Sala 2* | *Sala 3* | *Sala 1* | *Sala 2* | *Sala 3* | *Sala 1* | *Sala 2* | *Sala 3* | *Sala 1* | *Sala 2* | *Sala 3* | *Sala 1* | *Sala 2* |
| 10.30/11.00 | | | | | | | | | | | | | | | | | Brazilian Ju Jitsu 10.30-12.00 |
| 11.00/11.30 | | | | | | | | | | | | | | | | | |
| 11.30/12.00 | | | | | | | | | | | | | | | | | |
| 12.00/12.30 | | | | | | | | | | | | | | | | | |
| 12.30/13.00 | | | | | | Calisthenics 12.30-13.30 | | | | | | Calisthenics 12.30-13.30 | | | | | |
| 13.00/13.30 | | | | | | | | | | | | | | | | | |
| 14.30/15.00 | | | | | | | | | | | | | | | | | |
| 15.00/15.30 | | | | | Muay Thai 15.00-16.30 | | | | | | | | | Muay Thai 15.00-16.30 | | | |
| 15.30/16.00 | | | | | | | | | | | | | | | | | |
| 16.00/16.30 | | | | | | | | | | | | | | | | | |
| 16.30/17.00 | | | | | | | | | | | | | | | | | |
| 17.00/17.30 | | | | | Muay Thai Bambini 4-6 anni 17.15-18.00 | | | | | | | | | | | | |
| 17.30/18.00 | | | | | | | | | | | | | | | | | |
| 18.00/18.30 | | Kung Fu Shaolin 18.00-19.30 | | Muay Thai YOUTH 18.00-19.15 | Muay Thai Bambini 6-12 anni 18.00-19.00 | | Kung Fu Shaolin 18.00-19.00 | | Calisthenics 18.00-19.00 | Muay Thai YOUTH 18.00-19.15 | Muay Thai Bambini 6-12 anni 18.00-19.00 | | | | | | |
| 18.30/19.00 | | | | | | | | | | | | | | | | | |
| 19.00/19.30 | | | | | Agonisti 19.00-21.00 | | | Jeet Kune Do -S.G.S.- 19.00-20.00 | Muay Thai Donne 19.00-20.00 | | | | Agonisti 19.00-21.00 | Jeet Kune Do -S.G.S.- 19.00-20.00 | Savate 19.30-21.00 | | |
| 19.30/20.00 | | Muay Thai 19.30-21.00 | | | | | Muay Thai 19.30-21.00 | | | | Muay Thai 19.30-21.00 | | | | | | |
| 20.00/20.30 | | | Savate 20.00-21.30 | | | Fighting Dance 19.45-20.45 | | Makotokai Karate 20.00-21.00 | | Kung Fu Tang Lang 21.00-22.30 | | Fighting Dance 19.45-20.45 | | Makotokai Karate 20.00-21.00 | | | |
| 20.30/21.00 | | | | | | | | | | | | | | | | | |
| 21.00/21.30 | Brazilian Ju Jitsu 21.00-22.00 | | | | Kung Fu Tang Lang 21.00-22.30 | | | Brazilian Ju Jitsu 21.00-22.00 | | | | | | Brazilian Ju Jitsu 21.00-22.00 | | | |
| 21.30/22.00 | | | | | | | | | | | | | | | | | |
| 22.00/22.30 | | | | | | | | | | | | | | | | | |