

| Orario | Lunedì                                | Martedì                                 | Mercoledì                                 | Giovedì                  | Venerdì                                             | Sabato                      |  |
|--------|---------------------------------------|-----------------------------------------|-------------------------------------------|--------------------------|-----------------------------------------------------|-----------------------------|--|
| 07:30  |                                       | TAI CHI<br>+<br>YOGA-TICAO<br>7.40-9.15 |                                           |                          | TAI CHI<br>+<br>QI GONG<br>7.40-9.15                | STAGE<br>EVENTI<br>WORKSHOP |  |
| 08:30  |                                       |                                         |                                           |                          |                                                     |                             |  |
| 09:00  |                                       |                                         |                                           |                          |                                                     |                             |  |
| 09:30  |                                       |                                         |                                           |                          |                                                     |                             |  |
| 10:00  |                                       | TAI CHI base<br>10-11                   |                                           |                          | TAI CHI base<br>10-11                               |                             |  |
| 10:30  | YOGA<br>10.45-11.30                   |                                         |                                           | YOGA<br>10.45-11:30      |                                                     |                             |  |
| 11:00  |                                       |                                         |                                           |                          |                                                     |                             |  |
| 12:30  |                                       |                                         |                                           |                          |                                                     |                             |  |
| 13:00  | YOGA<br>13.00-13:50                   | DIFESA PERSONALE<br>13.00-13.50         |                                           | YOGA<br>13.00-13:50      |                                                     |                             |  |
| 13:30  |                                       |                                         |                                           |                          |                                                     |                             |  |
| 16:00  |                                       |                                         |                                           |                          |                                                     |                             |  |
| 16:30  |                                       |                                         | GIOCA-KARATE<br>16.30-17.15               |                          |                                                     |                             |  |
| 17:00  | KARATE Junior<br>17-18                |                                         | KARATE Junior<br>17.10-18.10              |                          |                                                     |                             |  |
| 17:30  |                                       |                                         |                                           |                          |                                                     |                             |  |
| 18:00  | KARATE<br>Teen                        |                                         | KARATE<br>Teen                            |                          |                                                     |                             |  |
| 18:30  |                                       |                                         |                                           | YOGA<br>18-19            | DIFESA PERSONALE<br>18.30-19.30                     |                             |  |
| 19:00  |                                       | PILATES.<br>18:50-19:40                 |                                           | MUAY THAI<br>19:00-21.15 | AGONISMO<br>18.30-19.30i                            |                             |  |
| 19:30  | MAKOTOKAI<br>adulti                   | MUAY THAI<br>19:45-21.00                | MAKOTOKAI<br>adulti                       |                          | TAIKO<br>mensile<br>Base, intermedio<br>19.00-22.00 |                             |  |
| 20:00  | TAI CHI<br>+<br>QIGONG<br>20.30-22.15 |                                         | TAI CHI<br>+<br>YOGA TICAO<br>20.30-22.15 |                          |                                                     |                             |  |
| 21:00  |                                       | AIKIDO<br>21:00-22.30                   |                                           | AIKIDO<br>20.30-22.00    |                                                     |                             |  |
| 21:30  |                                       |                                         |                                           |                          |                                                     |                             |  |
| 22:00  |                                       |                                         |                                           |                          |                                                     |                             |  |
| 22:30  |                                       |                                         |                                           |                          |                                                     |                             |  |

