



Orari e corsi TOP RING ASD

		Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
9:30	10:00						
10:00	10:30						
10:30	11:00						
11:00	11:30						
11:30	12:00						
12:00	12:30						
12:30	13:00						
13:00	13:30	BKT		BKT		BKT	
13:30	14:00	BKT		BKT		BKT	
14:00	14:30	OPEN		OPEN		OPEN	OPEN
14:30	15:00	OPEN		OPEN		OPEN	OPEN
15:00	15:30	OPEN		OPEN		OPEN	OPEN
15:30	16:00	OPEN		OPEN		OPEN	OPEN
16:00	16:30	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
16:30	17:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
17:00	17:30	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
17:30	18:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
18:00	18:30	OPEN	BKT	OPEN	OPEN	BKT	
18:30	19:00	OPEN	BKT	OPEN	OPEN	BKT	
19:00	19:30	BOXE	Thai B.(1)	BOXE	BOXE	Thai B.(1)	
19:30	20:00	BOXE	Thai B.(1)	BOXE	BOXE	Thai B.(1)	
20:00	20:30	Thai B.(2)	Thai B.(1)	KRAV-M.	Thai B.(2)	Thai B.(1)	
20:30	21:00	Thai B.(2)	M.M.A.	KRAV-M.	Thai B.(2)	M.M.A.	
21:00	21:30	Thai B.(2)	M.M.A.	KRAV-M.	Thai B.(2)	M.M.A.	
21:30	22:00	OPEN	M.M.A.	Kung-Fu	OPEN	M.M.A.	
22:00	22:30			Kung-Fu			