PLANNING COMBAT

	11.00	12.45	13.00	17.00	18.00	18.30	19.00	20.00	20.30	21.00
lun		Muay Thai Gualtiero					Muay Thai Gualtiero Pugilato Manuele		Muay Thai Gualtiero	
mar		Muay Thai Gualtiero		PAD WORKING Gualtiero		Kick Boxing K1 style Ahmed	BJJ no-gi Francesco	Pien San Wing Chun Simone MMA Striking/ Sanda Francesco		FCS Kali Simone
mer		Muay Thai Gualtiero	MMA Luca				Muay Thai Gualtiero Pugilato Manuele		Muay Thai Gualtiero BJJ con Kimono Luca	
gio		Muay Thai Gualtiero				Kick Boxing K1 style Ahmed	BJJ no-gi Francesco	Pien San Wing Chun Simone MMA Striking/ Sanda Francesco		FCS Kali Simone
ven		Muay Thai Gualtiero	MMA Luca		Pugilato Manuele	Kick Boxing K1 style Ahmed	Muay Thai Gualtiero	BJJ con Kimono Luca		
sab	MMA Luca									