PLANNING COMBAT

	11.00	12.45	13.00	17.00	18.00	18.30	19.00	20.00	20.30
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	MMA Striking/Sanda Francesco	
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	MMA Striking/Sanda Francesco	
ven		Muay Thai Gualtiero	MMA Luca		Pugilato Manuele	Kick Boxing K1 style Ahmed	Muay Thai Gualtiero	BJJ con Kimono Luca	
sab	MMA Luca								