

Venerdì		Sabato		Domenica	
10:00 -> 11:00	Kung Fu (AIK)	10:00 -> 11:00	Kung Fu (AIK)	10:00 -> 10:30	Kung Fu (AIK)
11:00 -> 12:00	Krav Maga	11:00 -> 12:00	Tai Chi (AIK)	10:30 -> 11:00	Viet Ahn Mon
12:00 -> 13:00	Tai Chi (AIK)	12:00 -> 13:00	Shorinji Kempo	11:00 -> 11:30	Tai Chi (AIK)
13:00 -> 14:00	Kung Fu (AIK)	13:00 -> 13:30	Kung Fu (AIK)	11:30 -> 12:00	KUDO
14:00 -> 15:00	Tai Chi (AIK)	13:30 -> 14:00	Tai Chi (AIK)	12:00 -> 12:30	Shorinji Kempo
15:00 -> 16:00	Kali	14:00 -> 15:00	Ju Jitsu	12:30 -> 13:00	Viet Ahn Mon
16:00 -> 17:00	Kung Fu (AIK)	15:00 -> 16:00	Jeet Kune Do	13:00 -> 13:30	Kung Fu (AIK)
17:00 -> 18:00	Tai Chi (AIK)	16:00 -> 17:00	Shorinji Kempo	13:30 -> 14:00	Tai Chi (AIK)
18:00 -> 19:00	Kung Fu (AIK)	17:00 -> 18:00	Viet Vo Dao	14:00 -> 14:30	Krav Maga
19:00 -> 19:30	Tai Chi (AIK)	18:00 -> 19:00	Jeet Kune Do	14:30 -> 15:00	KUDO
		19:00 -> 19:30	Kung Fu (AIK)	15:00 -> 15:30	Kali
				15:30 -> 16:00	Jeet Kune Do
				16:00 -> 16:30	Krav Maga
				16:30 -> 17:00	Kali
				17:00 -> 17:30	Shorinji Kempo
				17:30 -> 18:00	Viet Vo Dao
				18:00 -> 18:30	Jeet Kune Do
				18:30 -> 19:00	Kung Fu (AIK)
				19:00 -> 19:30	Tai Chi (AIK)