

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
10:00	APERTURA (CHIUSURA 22:00)	APERTURA (CHIUSURA 22:00)	APERTURA (CHIUSURA 22:00)	APERTURA (CHIUSURA 22:00)	APERTURA (CHIUSURA 22:00)	APERTURA (CHIUSURA 14:00)
10:00 - 12:00						MIXED MARTIAL ARTS Striking Pad Work & Competition Sparring M.SANTI, M.GIOVANNELLI (FIGHTER LEVES)
10:30 - 12:00	STRIKING Muay Thai & Boxe MARCO SANTI (ALL LEVELS)	MIXED MARTIAL ARTS Striking Pad Work MARCO SANTI (FIGHTER LEVES)	STRIKING Muay Thai & Boxe MARCO SANTI (ALL LEVELS)	MIXED MARTIAL ARTS Striking Pad Work MARCO SANTI (FIGHTER LEVES)	STRIKING Muay Thai & Boxe MARCO SANTI (ALL LEVELS)	
13:00 - 14:30	GRAPPLING No-Gi Takedown MARCO SANTI (ALL LEVELS)	GRAPPLING No-Gi Scramble & Submission MARCO SANTI (ALL LEVELS)	GRAPPLING Gi Scramble & Submission MARCO SANTI (ALL LEVELS)	GRAPPLING No-Gi Scramble & Submission MARCO SANTI (ALL LEVELS)	GRAPPLING No-Gi - Gi - MMA   Only Sparring MARCO SANTI (ALL LEVELS)	
17:00 - 18:30	WRESTLING Freestyle & Greco-Roman Style ANTONIO LA BRUNA (ALL LEVELS)	GRAPPLING No-Gi Scramble & Submission MARCO SANTI (ALL LEVELS)	WRESTLING Freestyle & Greco-Roman Style ANTONIO LA BRUNA (ALL LEVELS)	GRAPPLING No-Gi Scramble & Submission MARCO SANTI (ALL LEVELS)	WRESTLING Freestyle & Greco-Roman Style ANTONIO LA BRUNA (ALL LEVELS)	
18:30 - 20:00	STRIKING Muay Thai & Boxe M.SANTI, M.GIOVANNELLI, G.FATTORI (ALL LEVELS)	MIXED MARTIAL ARTS Stand Up Game M.SANTI, M.GIOVANNELLI (ALL LEVELS)	STRIKING Muay Thai & Boxe M.SANTI, M.GIOVANNELLI, G.FATTORI (ALL LEVELS)	MIXED MARTIAL ARTS Ground Game M.SANTI, M.GIOVANNELLI (ALL LEVELS)	STRIKING Muay Thai & Boxe M.SANTI, M.GIOVANNELLI, G.FATTORI (ALL LEVELS)	
20:00 - 21:30	MULTI STYLE   STRIKING - GRAPPLING Muay Thai & Boxe - No-Gi Takedown, Scramble & Submission MARCO SANTI (ALL LEVELS)	MIXED MARTIAL ARTS Striking Pad Work MARCO SANTI (FIGHTER LEVES)	MULTI STYLE   STRIKING - GRAPPLING Muay Thai & Boxe - No-Gi Takedown, Scramble & Submission MARCO SANTI (ALL LEVELS)	MIXED MARTIAL ARTS Striking Pad Work MARCO SANTI (FIGHTER LEVES)	MULTI STYLE   STRIKING - GRAPPLING Muay Thai & Boxe - No-Gi Takedown, Scramble & Submission MARCO SANTI (ALL LEVELS)	
<b>SPECIAL CLASSES</b> 10:00 - 13:00 (Un Sabato Al Mese)	KICKBOXING (All Levels) Domenico Catalano	JIU JITSU & JUDO (All Levels) Luca Caracciolo	KARATE (All Levels) Massimo Fontanarosa	MUAY THAI (All Levels) Martin Meoni	TAEKWONDO (All Levels) Domenico Mazzocca	CAPOEIRA (All Levels) Fabio Iena