

LUN**STRIKING**

10:30 - 11:30 | STRIKING TECHNICAL DRILLS
11:30 - 12:30 | BAG WORK - STAND UP GAME

COACH: MARCO SANTI

GRAPPLING

12:30 - 13:30 | GRAPPLING TECHNICAL DRILLS
13:30 - 14:30 | GRAPPLING SPARRING

COACH: MARCO SANTI

STRENGTH & CONDITIONING

16:00 - 17:30 | S&C SESSION 1
17:00 - 18:30 | S&C SESSION 2
18:30 - 20:00 | S&C SESSION 3

COACH: JODEL DE CASTRO

WRESTLING

16:30 - 17:30 | WRESTLING TECHNICAL DRILLS
17:30 - 18:30 | WRESTLING SPARRING

COACH: ANTONIO LA BRUNA

MAR**STRIKING**

10:30 - 12:30 | STRIKING PAD WORK

COACH: MARCO SANTI

MMA

10:30 - 11:30 | BAG WORK - STAND UP & GROUND GAME
11:30 - 12:30 | MMA SPARRING

COACH: MARCO SANTI

GRAPPLING

12:30 - 13:30 | GRAPPLING TECHNICAL DRILLS
13:30 - 14:30 | GRAPPLING SPARRING

COACH: MARCO SANTI

GRAPPLING

16:30 - 17:30 | GRAPPLING TECHNICAL DRILLS
17:30 - 18:30 | GRAPPLING SPARRING

COACH: MARCO SANTI

MER**STRIKING**

10:30 - 11:30 | STRIKING TECHNICAL DRILLS
11:30 - 12:30 | BAG WORK - STAND UP GAME

COACH: MARCO SANTI

GRAPPLING

12:30 - 13:30 | GRAPPLING TECHNICAL DRILLS
13:30 - 14:30 | GRAPPLING SPARRING

COACH: MARCO SANTI

STRENGTH & CONDITIONING

16:00 - 17:30 | S&C SESSION 1
17:00 - 18:30 | S&C SESSION 2
18:30 - 20:00 | S&C SESSION 3

COACH: JODEL DE CASTRO

WRESTLING

16:30 - 17:30 | WRESTLING TECHNICAL DRILLS
17:30 - 18:30 | WRESTLING SPARRING

COACH: ANTONIO LA BRUNA

MMA

18:30 - 19:30 | MMA TECHNICAL DRILLS - STAND UP GAME SKILLS
19:30 - 20:30 | MMA SPARRING

COACH: MARCO SANTI

STRIKING

17:30 - 19:30 | STRIKING PAD WORK

COACH: MASSIMILIANO GIOVANNELLI

MMA

18:30 - 19:30 | MMA TECHNICAL DRILLS - GROUND GAME SKILLS
19:30 - 20:30 | MMA SPARRING

COACH: MARCO SANTI

STRIKING

18:30 - 20:30 | STRIKING PAD WORK

COACH: MARCO SANTI

MMA

18:30 - 19:30 | MMA TECHNICAL DRILLS - STRATEGIC & TACTICAL SKILLS
19:30 - 20:30 | MMA SPARRING

COACH: MARCO SANTI

GIO**STRIKING**

10:30 - 12:30 | STRIKING PAD WORK

COACH: MARCO SANTI

MMA

10:30 - 11:30 | BAG WORK - STAND UP & GROUND
11:30 - 12:30 | OPEN MMA SPARRING

COACH: MARCO SANTI

STRENGTH & CONDITIONING

11:30 - 13:00 | S&C SESSION 1
13:00 - 14:30 | S&C SESSION 2

COACH: JODEL DE CASTRO

GRAPPLING

12:30 - 13:30 | GRAPPLING TECHNICAL DRILLS
13:30 - 14:30 | GRAPPLING SPARRING

COACH: MARCO SANTI

VEN**STRIKING**

10:30 - 11:30 | STRIKING TECHNICAL DRILLS
11:30 - 12:30 | BAG WORK - STAND UP GAME

COACH: MARCO SANTI

GRAPPLING

12:30 - 13:30 | GRAPPLING TECHNICAL DRILLS
13:30 - 14:30 | GRAPPLING SPARRING

COACH: MARCO SANTI

STRENGTH & CONDITIONING

16:00 - 17:30 | S&C SESSION 1
17:00 - 18:30 | S&C SESSION 2
18:30 - 20:00 | S&C SESSION 3

COACH: JODEL DE CASTRO

WRESTLING

16:30 - 17:30 | WRESTLING TECHNICAL DRILLS
17:30 - 18:30 | WRESTLING SPARRING

COACH: ANTONIO LA BRUNA

SAB**STRIKING**

10:30 - 12:30 | OPEN STRIKING SPARRING

COACH: MARCO SANTI

10:30 - 12:30 | BOXE PAD WORK - 1 SABATO AL MESE
COACH: LENNY BOTTAI

10:30 - 12:30 | KARATE PAD WORK - 1 SABATO AL MESE
COACH: MASSIMO FONTANAROSA

10:30 - 12:30 | STRIKING PAD WORK - 1 SABATO AL MESE
COACH: MARCO SANTI

10:30 - 12:30 | STRIKING PAD WORK - 1 SABATO AL MESE
COACH: MASSIMILIANO GIOVANNELLI

GRAPPLING

10:30 - 12:30 | OPEN GRAPPLING SPARRING

COACH: MARCO SANTI

WRESTLING

10:30 - 12:30 | OPEN WRESTLING SPARRING

COACH: MARCO SANTI

MMA

10:30 - 12:30 | OPEN MMA SPARRING

COACH: MARCO SANTI

STRENGTH & CONDITIONING

10:30 - 12:30 | S&C COMPETITION SESSION - 1 SABATO AL MESE

COACH: JODEL DE CASTRO

GRAPPLING

16:30 - 17:30 | GRAPPLING TECHNICAL DRILLS
17:30 - 18:30 | GRAPPLING SPARRING

COACH: MARCO SANTI

STRIKING

18:30 - 19:30 | STRIKING PAD WORK

COACH: MARCO SANTI

MMA

18:30 - 19:30 | TECHNICAL DRILLS - GROUND GAME
19:30 - 20:30 | WRESTLING/GRAPPLING SPARRING

COACH: MARCO SANTI

MMA

18:30 - 19:30 | MMA TECHNICAL DRILLS - STAND UP GAME SKILLS
19:30 - 20:30 | MMA SPARRING

COACH: MARCO SANTI

STRIKING

LUN

10:30 - 11:30 | STRIKING TECHNICAL DRILLS

11:30 - 12:30 | BAG WORK - STAND UP GAME

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18:30 - 20:30 | STRIKING PAD WORK

COACH: MARCO SANTI

GIO

10:30 - 12:30 | STRIKING PAD WORK

COACH: MARCO SANTI

18:30 - 19:30 | STRIKING PAD WORK

COACH: MARCO SANTI

VEN

10:30 - 11:30 | STRIKING TECHNICAL DRILLS

11:30 - 12:30 | BAG WORK - STAND UP GAME

COACH: MARCO SANTI

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10:30 - 12:30 | OPEN STRIKING SPARRING

COACH: MARCO SANTI

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COACH: LENNY BOTTAI

10:30 - 12:30 | KARATE PAD WORK - 1 SABATO AL MESE

COACH: MASSIMO FONTANAROSA

10:30 - 12:30 | STRIKING PAD WORK - 1 SABATO AL MESE

COACH: MARCO SANTI

10:30 - 12:30 | STRIKING PAD WORK - 1 SABATO AL MESE

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10:30 - 12:30 | OPEN MMA SPARRING

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17:30 - 18:30 | WRESTLING SPARRING

COACH: ANTONIO LA BRUNA

SAB

10:30 - 12:30 | OPEN WRESTLING SPARRING

COACH: MARCO SANTI

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COACH: JODEL DE CASTRO

GIO

11:30 - 13:00 | S&C SESSION 1
13:00 - 14:30 | S&C SESSION 2

COACH: JODEL DE CASTRO

VEN

16:00 - 17:30 | S&C SESSION 1
17:00 - 18:30 | S&C SESSION 2
18:30 - 20:00 | S&C SESSION 3

COACH: JODEL DE CASTRO

SAB

16:00 - 17:30 | S&C COMPETITION SESSION
1 SABATO AL MESE

COACH: JODEL DE CASTRO