

# ORARIO CORSI PALESTRA PIRODDU EXTREME 2024-2025

START	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
07:00	FUNCTIONAL COMBAT TRAINING		FUNCTIONAL COMBAT TRAINING		FUNCTIONAL COMBAT TRAINING	WRESTLING
10:00	WRESTLING	FUNCTIONAL TRAINING	WRESTLING	FUNCTIONAL TRAINING	WRESTLING	
13:30	BOXE PREPUGILISTICA	FUNCTIONAL COMBAT TRAINING	BOXE PREPUGILISTICA	FUNCTIONAL COMBAT TRAINING	BOXE PREPUGILISTICA	
17:00	BABY WRESTLING	MUAY THAI JUNIOR	BABY WRESTLING	JUDO	BABY WRESTLING	
	JUDO	K1 JUNIOR			MUAY THAI JUNIOR	
					K1 JUNIOR	
18:00	WRESTLING	WRESTLING	WRESTLING	WRESTLING	WRESTLING	
18:30	BOXE PREPUGILISTICA	FUNCTIONAL TRAINING	BOXE PREPUGILISTICA	FUNCTIONAL TRAINING	BOXE PREPUGILISTICA	
19:00		GRAPPLING			GRAPPLING	
19:30	MUAY THAI	KICK BOXING	MUAY THAI	KICK BOXING	MUAY THAI	
	K1		K1		K1	