

РАСПИСАНИЕ ТРЕНИРОВОК ЗАЛА ЕДИНОБОРСТВ

Нечетные дни	понедельник	вторник	среда	четверг	пятница	суббота	Четные дни
09:00-10:30	KARATE kids 8+	BJJ adults	KARATE kids 8+	BJJ adults	KARATE kids 8+	KARATE kids 4-7	09:00-11:00
11:00-14:00 пн-пт	Personal Training Free Training	Personal Training Free Training	Personal Training Free Training	Personal Training Free Training	Personal Training Free Training	Muay Thai adults	12:00-14:00
14:30-16:00	KARATE kids 7+		KARATE kids 7+		KARATE kids 7+	BJJ Open Mat adults	14:00-16:00
16:00-17:30	KARATE kids 8+	KARATE kids 10+	KARATE kids 8+	KARATE kids 10+	KARATE kids 8+	KARATE kids 10+	16:30-17:30
17:30-19:00	Muay Thai kids 6+	KARATE kids 4-7	Muay Thai kids 6+	KARATE kids 4-7	Muay Thai kids 6+		17:30-19:00
19:00-20:30	KARATE adults	BJJ kids 6+	KARATE adults	BJJ kids 6+	KARATE adults		19:00-20:00
20:30-22:00	MMA / Muay Thai Mat 1 / Mat 2 adults	BJJ / Muay Thai Mat 1 / Mat 2 adults	MMA / Muay Thai Mat 1 / Mat 2 adults	BJJ / Muay Thai Mat 1 / Mat 2 adults	MMA / Muay Thai Mat 1 / Mat 2 adults		20:00-22:00