OPEN DAY Centro Sportivo Robilant 21 Settembre 2019

	Sala tatami piano interrato	Sala tatami piano terra	Sala tatami primo piano	Sala fitness	Sala danza	Palestra volley	Salone	Padel	Sala pesi	Campo a 11
09:00		09:00 – 18:00 Corso Arbitri di Judo		09:30 – 10:30 Pilates			09:00 – 18:00 Corso Allenamento mentale dell'atleta			
09:30										
10:00						10:00 – 12:00 Capoeira				
10:30	10:30 – 11:15 Ju Jutsu Bimbi		10:30 – 12:00 Kick Boxing	10:30 – 11:30 Breakdance		10:00 – 12:00 Acrobatica			10:30 – 18:00 Sala pesi	
11:00					11:00 – 11:40 Street Dance					
11:30										
12:00	11:15 – 12:00 Ju Jutsu Adulti			11:40 – 12:10 Jump Tonic						
12:30										
13:00										
13:30										
14:00				14:00 – 14:45 Trx		14:00 – 17:00 Capoeira	14:00 – 17:00 Acrobatica			
14:30										
15:00					15:00 – 15:30 Brazuca					
15:30	15:30 – 17:00 krav Maga			15:30 – 16:00 Gym Boxe				15:00 – 19:00 Padel		15:00 – 18:00 Flag football
16:00			16:00 – 17:00 Karate Bimbi		16:00 – 16:30 Kangoo Jump					
16:30				16:30 – 17:00 Street Dance	16:30 – 17:30 danza classica 8-12 anni					
17:00	17:00 – 18:15 Taekwondo		17:00 – 18:30 Muay Thai			17:30 – 19:00 Aikido				
17:30										
18:00					17:30 – 18:30 Danze Caraibiche / Ballo Liscio					
18:30										
19:00	18:15 – 19:45 Allenamento Regionale Judo				19:00 – 20:00 Lindy Hop					
19:30										
20:00										