



# FIGHTERS ANGELS

**PROGRAMMA CORSI  
STAGIONE 2019-2020**

| LUNEDI                                                           | MARTEDI                                                          | MERCOLEDI                                                        | GIOVEDI                                                          | VENERDI                                                          | SABATO                                                           |
|------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------|
| <b>BOX FIGHTERS ANGELS</b><br>Eleonora Sponchia<br>7.00 - 8.00   |                                                                  | <b>BOX FIGHTERS ANGELS</b><br>Eleonora Sponchia<br>7.00 - 8.00   |                                                                  | <b>BOX FIGHTERS ANGELS</b><br>Eleonora Sponchia<br>7.00 - 8.00   |                                                                  |
|                                                                  |                                                                  |                                                                  |                                                                  |                                                                  | <b>MMA</b> David - Alan<br>10.00 - 12.00                         |
|                                                                  | <b>BOX FIGHTERS ANGELS</b><br>Eleonora Sponchia<br>13.00 - 14.00 |                                                                  | <b>BOX FIGHTERS ANGELS</b><br>Eleonora Sponchia<br>13.00 - 14.00 |                                                                  | <b>BOX FIGHTERS ANGELS</b><br>Eleonora Sponchia<br>10.30 - 11.30 |
| <b>BOX FIGHTERS ANGELS</b><br>Eleonora Sponchia<br>16.00 - 17.30 |                                                                  | <b>BOX FIGHTERS ANGELS</b><br>Eleonora Sponchia<br>16.00 - 17.30 |                                                                  | <b>BOX FIGHTERS ANGELS</b><br>Eleonora Sponchia<br>16.00 - 17.30 |                                                                  |
| <b>FIT BOXE</b> Graziano Pitteri<br>17.15 - 18.05                |                                                                  |                                                                  | <b>FIT BOXE</b> Graziano Pitteri<br>17.15 - 18.05                |                                                                  |                                                                  |
| <b>BOX FIGHTERS ANGELS</b><br>Eleonora Sponchia<br>17.30 - 18.30 |                                                                  | <b>BOX FIGHTERS ANGELS</b><br>Eleonora Sponchia<br>17.30 - 18.30 |                                                                  | <b>BOX FIGHTERS ANGELS</b><br>Eleonora Sponchia<br>17.30 - 18.30 |                                                                  |
| <b>BOXE</b> Stefano da Lio<br>18.00 - 19.30                      | <b>BOX FIGHTERS ANGELS</b><br>Eleonora Sponchia<br>18.00 - 19.00 | <b>BOXE</b> Stefano da Lio<br>18.00 - 19.30                      | <b>BOX FIGHTERS ANGELS</b><br>Eleonora Sponchia<br>18.00 - 19.00 | <b>BOXE</b> Stefano da Lio<br>18.00 - 19.30                      |                                                                  |
| <b>BOX FIGHTERS ANGELS</b><br>Eleonora Sponchia<br>18.30 - 19.30 |                                                                  | <b>BOX FIGHTERS ANGELS</b><br>Eleonora Sponchia<br>18.30 - 19.30 |                                                                  | <b>BOX FIGHTERS ANGELS</b><br>Eleonora Sponchia<br>18.30 - 19.30 |                                                                  |
|                                                                  | <b>KRAV MAGA</b> Graziano Pitteri<br>19.00 - 20.30               | <b>KRAV MAGA</b> Graziano Pitteri<br>19.00 - 20.30               | <b>KRAV MAGA</b> Graziano Pitteri<br>19.00 - 20.30               | <b>BJJ</b> Emiliano Manfren<br>19.00 - 20.00                     |                                                                  |
| <b>WALK CIRCUIT</b> Miriana Salso<br>19.00 - 20.00               | <b>HIP HOP 3° LIV.</b> Michele Zanette<br>19.00 - 20.00          | <b>WALK CIRCUIT</b> Miriana Salso<br>19.00 - 20.00               | <b>HIP HOP 3° LIV.</b> Michele Zanette<br>19.00 - 20.00          | <b>WALK CIRCUIT</b> Miriana Salso<br>19.00 - 20.00               |                                                                  |
|                                                                  | <b>BOX FIGHTERS ANGELS</b><br>Eleonora Sponchia<br>19.00 - 20.00 |                                                                  | <b>BOX FIGHTERS ANGELS</b><br>Eleonora Sponchia<br>19.00 - 20.00 |                                                                  |                                                                  |
| <b>MMA</b> David - Alan<br>19.00 - 21.00                         | <b>MMA</b> David - Alan<br>19.00 - 21.00                         |                                                                  |                                                                  | <b>MMA</b> David - Alan<br>19.00 - 21.00                         |                                                                  |
|                                                                  |                                                                  | <b>MMA</b> David - Alan<br>19.30 - 21.30                         | <b>MMA</b> David - Alan<br>19.30 - 21.30                         |                                                                  |                                                                  |
| <b>BOX FIGHTERS ANGELS</b><br>Eleonora Sponchia<br>19.30 - 20.30 |                                                                  | <b>BOX FIGHTERS ANGELS</b><br>Eleonora Sponchia<br>19.30 - 20.30 | <b>BJJ</b> Emiliano Manfren<br>19.30 - 21.00                     | <b>BOX FIGHTERS ANGELS</b><br>Eleonora Sponchia<br>19.30 - 20.30 |                                                                  |
|                                                                  |                                                                  | <b>MUAY THAI</b> Piero - Alberto<br>19.30 - 21.30                |                                                                  |                                                                  |                                                                  |
| <b>MUAY THAI</b> Piero - Alberto<br>20.00 - 22.00                | <b>HIP HOP 2° LIV.</b> Michele Zanette<br>20.00 - 21.00          |                                                                  | <b>HIP HOP 2° LIV.</b> Michele Zanette<br>20.00 - 21.00          | <b>HIP HOP 1° LIV.</b> Michele Zanette<br>20.00 - 21.00          |                                                                  |
| <b>BJJ</b> Emiliano Manfren<br>20.00 - 21.30                     | <b>BJJ</b> Emiliano Manfren<br>20.00 - 21.30                     |                                                                  |                                                                  | <b>MUAY THAI</b> Piero - Alberto<br>20.00 - 22.00                |                                                                  |
| <b>HIP HOP 1° LIV.</b> Michele Zanette<br>20.30 - 21.30          | <b>BURLESQUE</b> Deborah Rosso<br>20.30 - 21.30                  | <b>HIP HOP 1° LIV.</b> Michele Zanette<br>20.30 - 21.30          |                                                                  |                                                                  |                                                                  |
|                                                                  | <b>AIKIDO</b> Miguel Moreno<br>20.30 - 22.00                     |                                                                  | <b>AIKIDO</b> Miguel Moreno<br>20.30 - 22.00                     |                                                                  |                                                                  |
|                                                                  | <b>JU-JITSU</b> Massimo Menetto<br>20.30 - 22.00                 |                                                                  | <b>JU-JITSU</b> Massimo Menetto<br>20.30 - 22.00                 |                                                                  |                                                                  |