

A.S.D. Cultural Chinese Art Academy IL NOSTRO STILE DI VITA - CALENDARIO CORSI 2020/2021

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
06.30-08.30 FUNCTIONAL TRAINING	16.30-17.00 MOVI-MENTE 2016/2017	06.30-08.30 FUNCTIONAL TRAINING	17.30-18.45 ACRO AEREA 1	06.30-08.30 FUNCTIONAL TRAINING	09.00-09.30 RUGBY-TOTS 2/6
09.30-10.30 TAI JI QUAN Base	17.00-17.45 GIOCO-JUDO 2013/2015	09.30-10.30 TAI JI QUAN	17.30-21.00 FUNCTIONAL TRAINING	12.30-13.30 FUNCTIONAL TRAINING	09.30-10.00 RUGBY-TOTS 2/6
12.30-13.30 FUNCTIONAL TRAINING	17.00-18.00 HIP HOP 4	10.30-11.45 MMA STRIKING	17.45-18.45 MODERNO 4	16.45-17.45 HIP HOP 3	09.30-11.45 FUNCTIONAL TRAINING
17.00-18.00 CLASSICO 2	17.30-21.00 FUNCTIONAL TRAINING	Kick Boxing - Sanda	18.00-19.00 ACROBATICA	17.00-18.00 PARKOUR 9/13	10.00-10.30 RUGBY-TOTS 2/6
17.00-18.00 KUNG FU KIDS 5/8	17.45-18.45 MODERNO 4	12.30-13.30 FUNCTIONAL TRAINING	18.00-19.00 TRAMPOLINO	17.45-18.45 HIP HOP 2	10.00-11.00 TAI JI QUAN* Base
17.00-18.00 PARKOUR 9/13	17.45-18.45 JUDO 2004/2012	15.45-16.30 DANZATRICITÀ®	18.15-19.00 GIOCO-JUDO 2013/2015	18.00-19.00 Ju Jitsu met. KRAV KIDS e ANTIBULLISMO >7	10.00-11.00 POLE DANCE
18.00-19.00 MODERNO 2	18.00-19.00 Ju Jitsu met. KRAV KIDS e ANTIBULLISMO >7	16.30-17.30 PREDANZA	18.45-20.00 MODERNO 5	18.00-19.00 TAI JI QUAN (Qi Gong)	10.30-11.00 RUGBY-TOTS 2/6
18.00-19.00 WUSHU KUNG FU 9/13	18.00-19.30 HIP HOP Avanzato	17.00-17.45 KUNG FU KIDS 5/8	19.00-20.00 JUDO 2004/2012	18.00-19.30 PARKOUR >14	11.00-11.30 RUGBY-TOTS 2/6
18.00-19.00 PARKOUR >14	18.45-20.00 MODERNO 5	17.30-18.30 CLASSICO 1	19.00-20.00 POLE DANCE	18.30-20.45 FUNCTIONAL TRAINING	11.00-12.00 TAI JI QUAN* Avanzato
18.30-20.45 FUNCTIONAL TRAINING	19.30-20.30 CAPOEIRA	17.45-19.00 WUSHU KUNG FU 9/13	19.00-20.30 MUAY THAI	18.45-20.00 HIP HOP 4	11.00-12.00 FREE POLE
19.00-20.00 WUSHU KUNG FU Agonisti e >14	19.30-21.00 Ju Jitsu met. KRAV MAGA	18.15-19.30 AIKIDO Bambini	19.00-20.30 DANZA AEREA 1	19.00-20.00 TAI JI QUAN AISM	11.30-12.00 RUGBY-TOTS 2/6
19.00-20.15 CLASSICO 3, 4	20.00-21.15 MODERNO Intermedio	18.00-19.00 TAI JI QUAN SM, Parkinson	20.00-21.00 TRAINING AUTOGENO e ARTETERAPIA	19.50-21.20 Ju Jitsu met. KRAV MAGA	15.00-16.00 WUSHU 6/9
19.00-20.30 MUAY THAI	20.00-21.30 BRASILIAN JIU JITSU	18.30-19.30 CLASSICO 2	20.00-21.15 MODERNO Intermedio	20.00-21.00 TAI JI QUAN (Tai Chi)	15.00-16.00 FREE POLE
19.30-20.30 POLE DANCE	21.00-22.30 MMA STRIKING Kick Boxing - Sanda	18.30-20.45 FUNCTIONAL TRAINING	20.00-21.30 BRASILIAN JIU JITSU	20.00-21.30 HIP HOP Avanzato	15.00-16.15 Ginn. met. YOGA in GRAVIDANZA
20.00-21.00 TAI JI QUAN Base	21.15-22.30 MODERNO Avanzato	19.00-20.00 TAI JI QUAN 2 anni di esperienza	20.30-22.00 DANZA AEREA 2	21.00-22.30 MMA STRIKING Kick Boxing - Sanda	16.00-17.00 WUSHU 10/14
20.15-21.45 CLASSICO Avanzato		19.15-20.15 Ginn. met. INTEGRAL YOGA	21.15-22.30 MODERNO Avanzato		16.00-17.00 PRATICA LIBERA
20.30-21.30 Ginn. met. PILATES		19.30-20.30 COREOGRAFICO DANZA			16.00-17.00 FREE POLE
20.30-22.30 AIKIDO		20.00-21.00 WUSHU KUNG FU Agonisti e >14			17.00-18.00 WUSHU Agonisti
21.00-22.30 WRESTLING		20.30-22.00 Ginn. met. KUNDALINI YOGA			18.00-19.00 WUSHU >15
		20.30-22.30 AIKIDO			
		20.45-21.45 BALLA & BRUCIA®			



- KM / KK
- MMA
- MT
- BJJ / WRESTLING
- AIKIDO
- WUSHU
- JUDO
- PARKOUR / TRAMP.
- TRICKING / CAPOEIRA
- TJ
- YOGA
- PILATES
- TRAINING AUTOGENO



- CLASSICO
- MODERNO
- HIP HOP / BREAK
- BB
- POLE / AEREA
- RUGBY-TOTS
- FT
- LIBERO



* Il corso di Tai Ji si svolgerà presso il centro di Riabilitazione Gino Rigamonti, Fondazione Apostolo, via San Marcellino 25 - Cassina Fra Martino (Merate)