

ORARI SETTIMANALI - AKELEINAA DOJO 2017-18

responsabile Giovanni Frova

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
5							
6							
7		7.00-8.00		7.00-7.40 ZAZEN	7.00-8.00	7.00-7.40 ZAZEN	
8	8.00-9.00	AIKIDO		8.00-9.00	AIKIDO	8.00-9.30	
9	AIKIDO			AIKIDO		AIKIDO	9.00-10.30
10							AIKIDO
11			11.00 - 12.30				11.00-12.15
12			CLOSLIEU				KATSUGEN UNDO
13					13.00-14.15		
14					KATSUGEN UNDO		
15							
16							
17			18.15-19.15	17.00-18.30			
18	18.00-19.30 ZAZEN		JO e BOKKEN	CLOSLIEU			
19	19.30-20.45	19.00-20.15	19.30-20.45		19.00-20.30		
20	AIKIDO	KATSUGEN UNDO	AIKIDO		YUKI (+KATSUG)		
21							
22							
23							