

ORARI SETTIMANALI - AKELEINAA DOJO 2018-19

responsabile Giovanni Frova

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
5							
6							
7	7.00-7.40 ZAZEN	7.00-8.00	7.00-8.00	7.00-7.40 ZAZEN	7.00-8.00		
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							11.00-12.15
12							KATSUGEN UNDO
13					13.00-14.15		
14					KATSUGEN UNDO		
15							
16							
17				17.00-18.30			
18			18.00-19.00 YUKI	CLOSLIEU			
19	19.30-20.45	19.00-20.15	19.30-20.45	19.30 -21.00			
20	AIKIDO	KATSUGEN UNDO	AIKIDO	KATSUGEN UNDO			
21							
22							
23							