

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 | 19.30-20.45 | 19.30-20.45 | 19.00-20.15 | | | |
| 20 | KATSUGEN UNDO | AIKIDO | AIKIDO | KATSUGEN UNDO | | | |
| 21 | | | | | | | |
| 22 | | | | | | | |
| 23 | | | | | | | |