

NO EXCUSES GYM

CORSI FIGHT



LUNEDÌ

19:00 20:30 BRAZILIAN JIU-JITSU

IVAN

MARTEDÌ

19:00 20:30 MMA BASE/KICKBOXING

OSFL ALBERTO
DONATO

MERCOLEDÌ

16:00 17:00 BRAZILIAN JIU-JITSU BAMBINI

18:00 19:00 SIKARAN BAMBINI

19:00 20:30 BRAZILIAN JIU-JITSU
GRAPPLING - MMA

IVAN
OSFL DANTE
IVAN
OSFL RONNIE

GIOVEDÌ

09:00 10:30 BRAZILIAN JIU-JITSU

19:00 20:30 MMA BASE/KICKBOXING

IVAN
OSFL ALBERTO
DONATO

VENERDÌ

17:30 18:30 BRAZILIAN JIU-JITSU BAMBINI

IVAN

SABATO

09:00 10:30 BRAZILIAN JIU-JITSU DONNE

IVAN