

					<b>ΠΡΟΓΡΑΜΜΑ</b>						
<b>ΔΕΥΤΕΡΑ</b>		<b>ΤΡΙΤΗ</b>		<b>ΤΕΤΑΡΤΗ</b>		<b>ΠΕΜΠΤΗ</b>		<b>ΠΑΡΑΣΚΕΥΗ</b>		<b>ΣΑΒΒΑΤΟ</b>	
<b>Αίθουσα 1</b>		<b>Αίθουσα 1</b>		<b>Αίθουσα 1</b>		<b>Αίθουσα 1</b>		<b>Αίθουσα 1</b>		<b>Αίθουσα 1</b>	
17.00-18.00	Tae Kwon Do (6-12 ετών)	17.00-18.00		17.00-18.00		17.00-18.00		17.00-18.00	Tae Kwon Do (6-12 ετών)		
18.00-19.00	Tang Soo Do (3-5 ετών)	18.00-19.00	Krav Maga Kids	18.00-19.00		18.00-19.00	Krav Maga Kids	18.00-19.00	Tang Soo Do (6-12 ετών)		
19.00-20.30	Σπαθασκία (H.E.M.A.)	20.00-21.30	M.M.A. (Mixed Martial Arts)	19.30-21.00	Σπαθασκία (H.E.M.A.)	20.00-21.30	M.M.A. (Mixed Martial Arts)	19.30-21.00	Σπαθασκία (H.E.M.A.)	13.00-14.30	Bartitsu (Smallsword)
20.30-22.00	Ninjutsu	21.30-22.30	Sayoc Kali	21.00-22.30	Kendo	21.30-22.30	Sayoc Kali	21.00-23.00	Ninjutsu		
22.00-23.00	Bartitsu (canne defense)										
<b>Αίθουσα 2</b>		<b>Αίθουσα 2</b>		<b>Αίθουσα 2</b>		<b>Αίθουσα 2</b>		<b>Αίθουσα 2</b>		<b>Αίθουσα 2</b>	
17.00-18.00		17.00-18.00		17.00-18.00	Tae Kwon Do (6-12 ετών)	17.00-18.00		17.00-18.00	Krav Maga Kids	12.00-13.00	Krav Maga
18.00-19.00	Crossfit	18.00-19.00	Crossfit	18.00-19.00	Tang Soo Do (3-5 ετών)	18.00-19.00	Crossfit	18.00-19.00			
19.00-20.00	Tang Soo Do (6-12 ετών)	19.00-20.00	Krav Maga	19.00-20.00	Tang Soo Do (6-12 ετών)	19.00-20.00	Krav Maga	19.00-20.00	Yoga		
20.30-21.30	Tai Chi	20.00-21.00	Tai Chi	20.30-21.30	Yoga	20.00-21.00	Tai Chi	20.30-21.30	Sayoc Kali		
21.30-23.00	Kendo	21.00-22.00	Yoga	21.30-22.30	Bartitsu (Jiu Jitsu)	21.00-23.00	Ninjutsu	21.30-23.00	Kendo		
<b>Αίθουσα 3</b>		<b>Αίθουσα 3</b>		<b>Αίθουσα 3</b>		<b>Αίθουσα 3</b>		<b>Αίθουσα 3</b>		<b>Αίθουσα 3</b>	
10.00-11.00	Kick Boxing + Πυγμαχία	10.00-11.00	Kick Boxing + Πυγμαχία			10.00-11.00	Kick Boxing + Πυγμαχία	10.00-11.00	Kick Boxing + Πυγμαχία	13.30-15.00	M.M.A. (Mixed Martial Arts)
16.30-18.00	Πυγμαχία	17.00-18.00	Kick Boxing παιδικό	16.30-18.00	Πυγμαχία	16.30-18.00	Πυγμαχία	17.00-18.00			
18.00-19.00	Kick Boxing 1	18.00-19.00	Kick Boxing 1	18.00-19.00	Kick Boxing παιδικό	18.00-19.00	Kick Boxing 1	18.00-19.00	Kick Boxing παιδικό		
19.00-20.00	Kick Boxing 2	19.00-20.00	Kick Boxing 2	19.00-20.00	Kick Boxing 3 + Πυγμαχία	19.00-20.00	Kick Boxing 2	19.00-20.00	Kick Boxing 1 + 2+3		
20.00-21.00	Kick Boxing 3 + Πυγμαχία	20.00-21.00	Kick Boxing 3 + Πυγμαχία	20.00-21.00	Crossfit	20.00-21.00	Kick Boxing 3 + Πυγμαχία	20.00-21.30	Kick Boxing 4 + Πυγμαχία		
21.00-22.30	Kick Boxing 4 + Πυγμαχία	21.00-22.30	Kick Boxing 4 + Πυγμαχία	21.00-22.30	Kick Boxing 4 + Πυγμαχία	21.00-22.30	Kick Boxing 4 + Πυγμαχία	21.30-22.30	Bartitsu (Pugilism)		