



ΕΒΔΟΜΑΔΙΑΙΟ ΠΡΟΓΡΑΜΜΑ ΜΑΘΗΜΑΤΩΝ

	Δευτέρα	Τρίτη	Τετάρτη	Πέμπτη	Παρασκευή	Σάββατο
11:00 - 12:00						Krav Maga IKMF (6-10 ετών) & (11-14 ετών)
17:00 - 18:00	Aikido (5-8 ετών)	Hapkido (9-14 ετών)	Aikido (5-8 ετών)	Personal Training	Hapkido (9-14 ετών)	Personal Training
18:00 - 19:00	Aikido (9-14 ετών)	Personal Training	Aikido (9-14 ετών)	Personal Training	Personal Training	Personal Training
19:30 - 21:00		Police/Security Tactical				
20:00 - 21:00	Aikido	Personal Training	Aikido	Aikido	Krav Maga IKMF	
21:15 - 22:15	Self - defense	Krav Maga IKMF	Self - defense	Krav Maga IKMF	Personal Training	