

RANDORI MARTIAL ARTS

ΔΕΥΤΕΡΑ

ΤΡΙΤΗ

ΤΕΤΑΡΤΗ

ΠΕΜΠΤΗ

ΠΑΡΑΣΚΕΥΗ

17:00 – 18:00

Aikido & Self Defense
(5-9 ετών)

Aikido & Self Defense
(5-9 ετών)

18:00 – 19:00

Aikido & Self Defense
(10-14 ετών)

Aikido & Self Defense
(10-14 ετών)

19:30 – 20:30

Aikido

Aikido

Aikido

21:00 – 22:00

MASTRO
Defence
System

Krav Maga
(21:15 – 22:15)

MASTRO
Defence
System

Krav Maga
(21:15 – 22:15)