



Α.Γ.Σ. ΜΑΧΗΤΙΚΗ ΟΜΑΔΑ ΚΟΣΜΟΥ / FIGHTING GLOBAL TEAM
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ΕΒΔΟΜΑΔΙΑΙΟ ΠΡΟΓΡΑΜΜΑ

ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ	ΣΑΒΒΑΤΟ
09:00 - 10:00 FITNESS FIGHTING	09:00 - 10:00 OUTDOOR FITNESS	09:00 - 10:00 FITNESS FIGHTING	09:00 - 10:00 OUTDOOR FITNESS	09:00 - 10:00 FITNESS FIGHTING	10:00 - 11:00 MMA KIDS
10:00 - 11:00 ΠΥΓΜΑΧΙΑ KICKBOXING	10:00 - 11:00 ERASMUS COURSES	10:00 - 11:00 ΠΥΓΜΑΧΙΑ KICKBOXING	10:00 - 11:00 ERASMUS COURSES	10:00 - 11:00 ΠΥΓΜΑΧΙΑ KICKBOXING	11:30 - 12:30 BJJ
11:00 - 12:00 BJJ PERSONAL (upon request)	PERSONAL (upon request)	11:00 - 12:00 BJJ PERSONAL (upon request)	PERSONAL (upon request)	11:00 - 12:00 BJJ PERSONAL (upon request)	
17:15 - 18:00 KIDS 5-8xp	17:30 - 18:15 KIDS 5-8xp	17:15 - 18:00 KIDS 5-8xp	17:30 - 18:15 KIDS 5-8xp	17:15 - 18:00 KIDS Advanced 5-8xp	
18:00 - 19:00 KIDS 9-13xp	17:30 - 18:30 KIDS 9-13xp	18:00 - 19:00 KIDS 9-13xp	17:30 - 18:30 KIDS 9-13xp	18:00 - 19:00 KIDS Advanced 9-13xp	
19:00 - 20:00 ΠΥΓΜΑΧΙΑ	18:30 - 19:30 MMA BJJ Begginers	19:00 - 20:00 ΠΥΓΜΑΧΙΑ	18:30 - 19:30 KICKBOXING Beginners BJJ Beginners	19:00 - 20:00 KICKBOXING MMA	
20:00 - 21:00 MMA striking KICKBOXING	19:30 - 20:30 BJJ No Gi	20:00 - 21:00 MMA striking KICKBOXING	19:30 - 20:30 BJJ No Gi	20:00 - 21:00 ΠΥΓΜΑΧΙΑ	
21:00 - 22:00 BJJ	20:30 - 21:30 ΠΥΓΜΑΧΙΑ 21:30 - 22:30 MMA striking KICKBOXING ERASMUS COURSES	21:00 - 22:00 BJJ Open mat	20:30 - 21:30 ΠΥΓΜΑΧΙΑ 21:30 - 22:30 MMA striking KICKBOXING ERASMUS COURSES	21:00 - 22:00 KICKBOXING Beginners BJJ ERASMUS COURSES	