



## FIGHTING GLOBAL TEAM

KIPSELIS 17, 112 57, ATHENS, GREECE | TEL. +30 699 1010 264 | [www.pontikanazarenkoteam.com](http://www.pontikanazarenkoteam.com)

# WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
09:00 - 09:50 BOXING KICKBOXING	PERSONAL (upon request)	09:00 - 09:50 BOXING KICKBOXING	PERSONAL (upon request)	09:00 - 09:50 BOXING KICKBOXING	09:00 - 09:50 KIDS 5-13xp	
10:00 - 10:50 BOXING KICKBOXING		10:00 - 11:00 BOXING KICKBOXING		10:00 - 11:00 ΠΥΓΜΑΧΙΑ KICKBOXING	10:00 - 10:50 BOXING Beginners KICKBOXING Beginners	
11:00 - 12:00 BJJ		11:00 - 12:00 BJJ		11:00 - 12:00 BJJ	11:00 - 12:00 BJJ	11:00 - 12:00 BJJ Beginners
PERSONAL (upon request)		PERSONAL (upon request)		PERSONAL (upon request)	PERSONAL (upon request)	PERSONAL (upon request)

17:00 - 17:50 17:00 - 17:50	17:00 - 17:50 KIDS 5-8xp	17:00 - 17:50 17:00 - 17:50	17:30 - 18:15 KIDS 5-8xp	17:00 - 17:50 MMA
18:00 - 18:50 BOXING Beginners KICKBOXING Beginners	18:30 - 19:20 BOXING Beginners KICKBOXING Beginners	18:00 - 18:50 BOXING Beginners KICKBOXING Beginners	18:30 - 19:20 BOXING Beginners KICKBOXING Beginners	18:00 - 18:50 BOXING Beginners KICKBOXING Beginners
19:00 - 19:50 BOXING	19:30 - 20:20 BJJ Beginners	19:00 - 19:50 BOXING	19:30 - 20:20 BJJ Beginners	19:00 - 19:50 BOXING
20:00 - 20:50 KICKBOXING	20:30 - 21:20 BOXING	20:00 - 20:50 KICKBOXING	20:30 - 21:20 BOXING	20:00 - 20:50 KICKBOXING
21:00 - 22:00 BJJ	21:30 - 22:20 KICKBOXING	21:00 - 22:00 BJJ	21:30 - 22:20 KICKBOXING	21:00 - 22:00 BJJ

ATHLETES MUST ISSUE OFFICIAL SPORTS CARD (2 PHOTOS, FEDERATION APPLICATION, MEDICAL CERTIFICATE)