



## ΕΒΔΟΜΑΔΙΑΙΟ ΠΡΟΓΡΑΜΜΑ 2026-27

| ΔΕΥΤΕΡΑ                        | ΤΡΙΤΗ                          | ΤΕΤΑΡΤΗ                            | ΠΕΜΠΤΗ                         | ΠΑΡΑΣΚΕΥΗ                      |
|--------------------------------|--------------------------------|------------------------------------|--------------------------------|--------------------------------|
|                                |                                | 9:00-10:00                         |                                |                                |
| BOXING (MMA)                   |                                | BOXING (MMA)                       |                                | BOXING (MMA)                   |
|                                |                                | 10:00-11:00                        |                                |                                |
| KICKBOXING                     | BOXING (MMA)                   | KICKBOXING                         | BOXING (MMA)                   | KICKBOXING                     |
|                                |                                | 11:00-12:00                        |                                |                                |
| BJJ (MMA)                      | KICKBOXING                     | BJJ (MMA)                          | KICKBOXING                     | BJJ (MMA)                      |
|                                |                                | 17:00-17:45                        |                                |                                |
| KICKBOXING KIDS 9-12Y          | KICKBOXING KIDS B 5-8Y         | KICKBOXING KIDS 9-12Y              | KICKBOXING KIDS B 5-8Y         | KICKBOXING KIDS B 5-8Y         |
| KICKBOXING KIDS A 5-8Y         | BJJ (MMA) KIDS 8-13Y           | KICKBOXING KIDS A 5-8Y             | BJJ (MMA) KIDS 8-13Y           | KICKBOXING KIDS 9-12Y          |
|                                |                                | 18:00-19:00                        |                                |                                |
| KICKBOXING TEENS<br>14-16Y - A | KICKBOXING TEENS<br>14-16Y - B | KICKBOXING TEENS<br>14-16Y - A & B | KICKBOXING TEENS<br>14-16Y - B | KICKBOXING TEENS<br>14-16Y - A |
| BJJ (MMA) KIDS 8-13Y           |                                |                                    |                                | KICKBOXING KIDS A 5-8Y         |
|                                |                                | 19:00-20:00                        |                                |                                |
| BOXING (MMA)                   | BJJ (MMA)                      | BOXING (MMA)                       | BJJ (MMA)                      | BOXING (MMA)                   |
|                                |                                | 20:00-21:00                        |                                |                                |
| KICKBOXING                     |                                | KICKBOXING                         |                                | KICKBOXING                     |
|                                |                                | 20:30-21:30                        |                                |                                |
|                                | BOXING (MMA)                   |                                    | BOXING (MMA)                   |                                |
|                                |                                | 21:00-22:00                        |                                |                                |
| BJJ (MMA)                      |                                | BJJ (MMA)                          |                                | BJJ (MMA)                      |
| MMA                            |                                | MMA                                |                                |                                |
|                                |                                | 21:30-22:30                        |                                |                                |
|                                | KICKBOXING                     |                                    | KICKBOXING                     |                                |