



## 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
10:00 - 11:00 BOXING KICKBOXING	11:00 - 12:00 BOXING KICKBOXING	10:00 - 11:00 BOXING KICKBOXING	11:00 - 12:00 BOXING KICKBOXING	10:00 - 11:00 BOXING KICKBOXING	10:00 - 11:00 KICKBOXING KIDS 5-13y
11:00 - 12:00 BJJ PERSONAL TRAINING	PERSONAL TRAINING	11:00 - 12:00 BJJ PERSONAL TRAINING	PERSONAL TRAINING	11:00 - 12:00 BJJ PERSONAL TRAINING	11:00 - 12:00 BJJ
17:00 - 17:45 KICKBOXING KIDS 9-13y	17:00 - 17:45 KICKBOXING KIDS 5-8y	17:00 - 17:45 KICKBOXING KIDS 9-13y	17:00 - 17:45 KICKBOXING KIDS 5-8y	17:00 - 17:45 KICKBOXING Teens (14-17 y)	
18:00 - 19:00 STRIKING Beginners (MMA)	18:00 - 19:00 KICKBOXING Teens (14-18 y) +MMA	18:00 - 19:00 STRIKING Beginners (MMA)	18:00 - 19:00 KICKBOXING Teens (14-18 y) +MMA	18:00 - 19:00 STRIKING Beginners (MMA)	
19:00 - 20:00 BOXING	19:00 - 20:00 BJJ - NO GI	19:00 - 20:00 BOXING	19:00 - 20:00 BJJ - NO GI	19:00 - 20:00 BOXING	
20:00 - 21:00 KICKBOXING	20:30 - 21:30 BOXING	20:00 - 21:00 KICKBOXING	20:30 - 21:30 BOXING	20:00 - 21:00 KICKBOXING	
21:00 - 22:00 BJJ - GI	21:30 - 22:30 KICKBOXING	21:00 - 22:00 BJJ - GI	21:30 - 22:30 KICKBOXING	21:00 - 22:00 BJJ - GI +MMA	

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