

# PALESTRA VIA NIEVO AS 2024\_2025

| Orario       | Lunedì                       | Martedì                      | Mercoledì  | Giovedì    | Venerdì | Sabato     | Domenica                     |
|--------------|------------------------------|------------------------------|------------|------------|---------|------------|------------------------------|
| 07.30-08.00  |                              |                              |            |            |         |            |                              |
| 08.30-08.30  |                              |                              |            |            |         |            |                              |
| 08.30-09.00  |                              |                              |            |            |         |            |                              |
| 09.00-09.30  |                              |                              |            |            |         | PICKLEBALL |                              |
| 09.30-10.00  | TIF                          | TIF                          | TIF        | TIF        | TIF     |            | SHOTOKAN<br>KARATE -<br>COTA |
| 10.00-10.30  |                              |                              |            |            |         |            |                              |
| 10.30-11.00  |                              |                              |            |            |         |            |                              |
| 11.00-11.30  |                              |                              |            |            |         |            |                              |
| 11.30-12.00  |                              |                              |            |            |         |            |                              |
| 12.00 -12.30 |                              |                              |            |            |         |            |                              |
| 12.30-13.30  |                              |                              |            |            |         |            |                              |
| 13.30-14.30  |                              |                              |            |            |         |            |                              |
| 14.30-15.00  |                              |                              |            |            |         |            |                              |
| 15.00-15.30  |                              |                              |            |            |         | TIF        | TIF                          |
| 15.30-16.00  |                              |                              |            |            |         |            |                              |
| 16.00-16.30  |                              |                              |            |            |         |            |                              |
| 16.30-17.00  |                              |                              |            |            |         |            |                              |
| 17.00-17.30  |                              | SHOTOKAN<br>KARATE -<br>COTA | PICKLEBALL |            |         |            |                              |
| 17.30-18.00  |                              |                              |            |            |         |            |                              |
| 18.00-18.30  |                              |                              |            |            |         |            |                              |
| 18.30-19.00  |                              |                              |            |            |         |            |                              |
| 19.00-19.30  |                              |                              |            |            |         |            |                              |
| 19.30-20.00  |                              |                              |            |            |         |            |                              |
| 20.00-20.30  | SHOTOKAN<br>KARATE -<br>COTA |                              |            | PICKLEBALL |         |            |                              |
| 20.30-21.00  |                              |                              |            |            |         |            |                              |
| 21.00-21.30  |                              |                              |            |            |         |            |                              |
| 21.30-22.00  |                              |                              |            |            |         |            |                              |
| 22.00-22.30  |                              |                              |            |            |         | PICKLEBALL |                              |
| 22.30-23.00  |                              |                              |            |            |         |            |                              |
| 23.00-23.30  |                              |                              |            |            |         |            |                              |