



# ORARI ACCADEMIA BJJ

ORARI	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
07.30-08.30	BJJ		BJJ Self Defence		BJJ	
09.00-10.00						
10.00-11.00						SPARRING
11.00-12.00						
12.00-13.00						
13.00-14.00	BJJ	BJJ Self Defence	SPARRING	BJJ	BJJ Self Defence	
14.00-15.00	SPARRING	SPARRING	SPARRING	SPARRING	SPARRING	
15.00-16.00						
16.00-17.00						
17.00-18.00						
18.00-19.00						
19.00-20.00	FUNDAMENTAL	BJJ	SPARRING 19:00 - 20:30	FUNDAMENTAL	BJJ	
20.00-21.00	BJJ	GRAPPLING	BJJ GIRLS 20:30 - 21:30	BJJ	GRAPPLING	
21.00-22.00						



**ACCADEMIA**

**BJJ**

**LUNGO DORA COLLETTA 117 - TORINO**

**+39 346 642 2447**

[info@crossfittoret.com](mailto:info@crossfittoret.com) | [www.crossfittoret.com](http://www.crossfittoret.com)

