



ASD KARATE DO NOVENTA PROGRAMMA CORSI 2026/2027



Dal 7 settembre

PALESTRA POLO SCOLASTICO A. FRANK - VIA CELLINI 39 - NOVENTA PADOVANA

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
		16:15-17:00 Latino Teen (6-11 anni) 		
18:30-19:15 Body Strong	18:30-19:15 Ginnastica Posturale	18:30-19:15 Body Strong	18:30-19:15 Ginnastica Posturale	
19:20-20:05 Pilates & Mobility	19:20-20:05 Latino Junior (12-16 anni)	19:20-20:05 Pilates & Mobility	19:20-20:05 Gio's Jumping Shoes	19:20-20:05 Social Dance (17-18+)
20:10-20:55 Gio's Jumping	20:10-20:55 Functional Training	20:10-20:55 Heels 	20:10-20:55 Functional Training	

PALAZZO SARMATIA- VIA ALSAZIA 3 CAMIN

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'
9:00-9:45 Pilates & Mobility	9:30-10:30 Total Body	9:00-9:45 Pilates & Mobility	9:30-10:30 Total Body
	18:45-19:30 Body Strong		18:00-18:45 Pilates & Mobility
20:00-21:00 Tai chi	19:30-20:15 Zumba		18:45-19:30 Body Strong



👍 Seguici
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Informazioni e Prenotazioni

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