

# Orduategia 2.024-25 Horarios

## ARTES MARCIALES

Inicio	ASTELEHENA Lunes	ASTEARTEA Martes	ASTEAZKENA Miércoles	OSTEGUNA Jueves	OSTIRALA Viernes	LARUNBATA Sábado
9,00	FREE TRAINING	KICKBOXING K1. COMPETICIÓN	FREE TRAINING	KICKBOXING K1. COMPETICIÓN	FREE TRAINING	
10,00		KICKBOXING K1. SENIOR		KICKBOXING K1. SENIOR		
10,30	BJJ BRAZILIAN JIU-JITSU		BJJ BRAZILIAN JIU-JITSU		BJJ BRAZILIAN JIU-JITSU	KICKBOXING K1 JUNIOR SENIOR
11,30		KRAV MAGA <i>defensa personal</i>		KRAV MAGA <i>defensa personal</i>		KICKBOXING BOXEO SPARRING
13,00	FREE TRAINING	KICKBOXING K1. COMPETICIÓN	FREE TRAINING	KICKBOXING K1. COMPETICIÓN	FREE TRAINING	
16,00 a 17,30			MMA GRAPPLING*			
16,45		TXIKIBOX		TXIKIBOX		
17,30		KICKBOXING K1. JUNIOR		KICKBOXING K1. JUNIOR	KICKBOXING K1. JUNIOR	
18,30	KRAV MAGA <i>defensa personal</i>	KICKBOXING K1. SENIOR	KRAV MAGA <i>defensa personal</i>	KICKBOXING K1. SENIOR	KICKBOXING K1. SENIOR	
19,45	BOXEO	KICKBOXING K1. COMPETICIÓN	BOXEO	KICKBOXING K1. COMPETICIÓN	BOXEO**	

\* 2 CLASES AL MES

\*\*de forma puntual



DURANGO