



FEBBRAIO
ORARIO FEBRUARY
SCHEDULE

LUNEDI MONDAY

07.00 - 07.45 **TICAO GONG SHU ONLINE** (ITA & ENG)
19.00 - 20.00 **YANG TAIJIQUAN 2 ONLINE** (ITA & ENG)
20.00 - 21.30 **CHEN TAIJIQUAN 1-2 ONLINE** (ITA & ENG)
20.00 - 21.00 **K-WORK ONLINE / PRESENZA** (ITA)

MARTEDI TUESDAY

07.00 - 07.45 **QI GONG ONLINE** (ITA & ENG)
13.00 - 14.00 **K-WORK ONLINE / PRESENZA** (ITA)
14.15 - 15.30 **BAGUAZHANG ONLINE / PRESENZA** (ITA & ENG)
15.30 - 16.30 **PING CI ONLINE / PRESENZA** (ITA & ENG)
19.00 - 20.00 **YANG TAIJIQUAN 3 ONLINE / PRESENZA** (ITA & ENG)
20:00 - 21:00 **YANG TAIJIQUAN 1 ONLINE** (ITA & ENG) **NEW COURSE!**

MERCOLEDI WEDNESDAY

07.00 - 07.45 **TAIJIQUAN ONLINE** (ITA & ENG)
09.00 - 10.00 **QI GONG ADV. ONLINE / PRESENZA** (ITA & ENG)
13.00 - 14.00 **KARATE MULTI. ONLINE / PRESENZA** (ITA & ENG)
19.00 - 20.00 **TICAO & QI GONG ONLINE** (ITA & ENG)
19.00 - 20.00 **YANG TAIJIQUAN 2 ONLINE** (ITA & ENG)
20.30 - 22.30 **CHEN TAIJI 3 ONLINE / PRESENZA** (ITA & ENG)

GIOVEDI THURSDAY

07.00 - 07.45 **TICAO GONG SHU ONLINE** (ITA & ENG)
13.00 - 14.00 **K-WORK ONLINE / PRESENZA** (ITA)
14.15 - 15.30 **BAGUAZHANG ONLINE / PRESENZA** (ITA & ENG)
15.30 - 16.30 **PING CI ONLINE / PRESENZA** (ITA & ENG)
19.00 - 20.00 **YANG TAIJIQUAN 3 ONLINE / PRESENZA** (ITA & ENG)
20:00 - 21:00 **YANG TAIJIQUAN 1 ONLINE** (ITA & ENG) **NEW COURSE!**
20:00 - 21:00 **K-WORK ONLINE / PRESENZA** (ITA)

VENERDI FRIDAY

19.00 - 20.30 **BAGUAZHANG BASIC ONLINE** (ITA & ENG)



MAKOTOKAI

LEVEL / LIVELLO

- 1 BASIC / BASE
- 2 INTERMEDIATE / INTERMEDIO
- 3 ADVANCED / AVANZATO

More information and
registration: info@makoto.it