

ORARIO MAKOTO SETTEMBRE 2022 In lingua Italiana e Inglese

LUNEDI

07.10 - 07.55 TICA O GONG SHU **ONLINE (ITA e ENG)**
19.00 - 20.00 YANG TAIJIQUAN 1 LIV. **ONLINE (ITA e ENG)**
20.00 - 21.00 CHEN TAIJIQUAN 1 LIV. **ONLINE (ITA e ENG)**
20.00 - 21.00 K-WORK **ONLINE/PRESENZA (ITA)**

MARTEDI

07.10 - 07.55 QI GONG **ONLINE (ITA e ENG)**
13.00 - 14.00 K-WORK **ONLINE/PRESENZA (ITA)**
14.15 - 15.30 BAGUAZHANG **ONLINE/PRESENZA (ITA e ENG)**
15.30 - 16.30 PING CI **ONLINE/PRESENZA (ITA e ENG)**
19.00 - 20.00 YANG TAIJIQUAN 3 LIV. **ONLINE/PRESENZA (ITA e ENG)**

MERCOLEDI

07.10 - 07.55 TAIJIQUAN **ONLINE (ITA e ENG)**
09.00 - 10.00 QI GONG AV. **ONLINE/PRESENZA (ITA e ENG)**
13.00 - 14.00 KARATE MULTI. **ONLINE/PRESENZA (ITA e ENG)**
19.00 - 20.00 TICA O QI GONG **ONLINE (ITA e ENG)**
19.00 - 20.00 YANG TAIJIQUAN 1 LIV. **ONLINE (ITA e ENG)**
20.30 - 22.30 CHEN TAIJI 3 LIV. **ONLINE/PRESENZA (ITA e ENG)**

GIOVEDI

07.10 - 07.55 TICA O GONG SHU **ONLINE (ITA e ENG)**
13.00 - 14.00 K-WORK **ONLINE/PRESENZA (ITA)**
14.15 - 15.30 BAGUAZHANG **ONLINE/PRESENZA (ITA e ENG)**
15.30 - 16.30 PING CI **ONLINE/PRESENZA (ITA e ENG)**
19.00 - 20.00 YANG TAIJIQUAN 3 LIV. **ONLINE/PRESENZA (ITA e ENG)**
20.00 - 21.00 K-WORK **ONLINE/PRESENZA (ITA)**

VENERDI

19.00 - 20.30 BAGUAZHANG BASE **ONLINE/PRESENZA (ITA e ENG)**
20.00 - 21.00 CHEN TAIJIQUAN 3 LIV. **ONLINE (ITA e ENG)**