

CRONOGRAMA - TANGSHOU ACADEMY 2022

*A programação pode mudar

	KARATE (TANGSHOU)		TAICHI/KUNGFU XINGYI/BAGUA					
	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SABADO	DOMINGO	
7:00 AM	07:00-08:20 (Focar em: Taichi/Qigong)		07:00-08:20 Kungfu					
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM								
9:30 AM						09:30-10:45 (Focar em: Taichi/Qigong)		
10:00 AM								
10:30 AM								
11:00 AM						11:00-12:30		
11:30 AM								
12:00 PM								
12:30 PM								
5:00 PM								
5:30 PM				05:30-06:45 (Taichi e Kungfu)				
6:00 PM								
6:30 PM								
7:00 PM	07:15-08:45	07:15-08:45 Kungfu	07:15-08:45	07:15-08:45				
7:30 PM								
8:00 PM								
8:30 PM								
9:00 PM								