

MONDAY

07.15 - 07.45: TICAOGONG SHU with Suna Tancig **ONLINE ONLY (ITA and ENG)**
09.00 - 10.00: QI GONG with Paolo Bolaffio **ONLINE ONLY (ITA and ENG)**
13.00 - 14.00: KARATE MULTILEVEL with Paolo Bolaffio **(ITA and ENG)**
16.00 - 17.00: XINGYICHUAN with Manuel Santoro
18.20 - 19.00: BAGUAZHANG ADVANCED with Suna Tancig **ONLINE ONLY (ITA and ENG)**
19.00 - 20.00: YANG TAIJIQUAN BASIC with Paolo Bolaffio **ONLINE ONLY (ITA and ENG)**
20.00 - 21.00: K-WORK with Roberta Kirchmayer
20.15 - 21.00: CHEN TAIJIQUAN ADVANCED with Paolo Bolaffio **ONLINE ONLY (ITA and ENG)**

TUESDAY

07.15 - 07.45: QI GONG KUAN YIN with Suna Tancig **ONLINE ONLY (ITA and ENG)**
09.30 - 10.45: YANG TAIJIQUAN LEVELS with Paolo Bolaffio **(ITA and ENG)**
13.00 - 14.00: K-WORK with Roberta Kirchmayer
14.30 - 15.45: BAGUAZHANG ADVANCED with Paolo Bolaffio **(ITA and ENG)**
15.45 - 16.45: BAGUAZHANG BASIC with Paolo Bolaffio **(ITA and ENG)**
18.30 - 20.00: YANG TAIJIQUAN ADVANCED with Paolo Bolaffio **(ITA and ENG)**
20.30 - 22.00: KARATE SE. BLACK AND BROWN BELTS with Paolo Bolaffio **(ITA and ENG)**
22.15 - 22.45: FANSONG QI GONG FOR THE PERFECT REST with Paolo Bolaffio **ONLINE ONLY (ITA and ENG)**

WEDNESDAY

07.15 - 07.45: TAIJIQUAN FOR ALL STYLES with Suna Tancig **ONLINE ONLY (ITA and ENG)**
09.00 - 10.00: QI GONG with Paolo Bolaffio **(ITA and ENG)**
10.30 - 12.00: KARATE SENIOR with Paolo Bolaffio **(ITA and ENG)**
14.00 - 15.15: CHEN TAIJIQUAN ADVANCED with Paolo Bolaffio **(ITA and ENG)**
15.30 - 16.30: PING CI CHINESE WEAPONS with Paolo Bolaffio **(ITA and ENG)**
19.00 - 20.00: QI GONG FOR TENDONS AND MUSCLES with Suna Tancig **(ITA and ENG)**
19.00 - 20.00: YANG TAIJIQUAN BASIC with Paolo Bolaffio **ONLINE ONLY (ITA and ENG)**
20.00 - 21.00: CHEN TAIJIQUAN BASIC with Suna Tancig **(ITA and ENG)**
20.30 - 22.00: CHEN TAIJIQUAN ADVANCED with Paolo Bolaffio **(ITA and ENG)**

THURSDAY

07.15 - 07.45: TICAOGONG SHU with Suna Tancig **ONLINE ONLY (ITA and ENG)**
09.30 - 10.45: YANG TAIJIQUAN LEVELS with Paolo Bolaffio **(ITA and ENG)**
13.00 - 14.00: K-WORK with Roberta Kirchmayer
14.30 - 15.45: BAGUAZHANG ADVANCED with Paolo Bolaffio **(ITA and ENG)**
15.45 - 16.45: BAGUAZHANG BASIC with Paolo Bolaffio **(ITA and ENG)**
18.30 - 20.00: YANG TAIJIQUAN ADVANCED with Paolo Bolaffio **(ITA and ENG)**
20.30 - 22.00: KARATE SE. BLACK AND BROWN BELTS with Paolo Bolaffio **(ITA and ENG)**
22.15 - 22.45: FANSONG QI GONG FOR THE PERFECT REST with Paolo Bolaffio **ONLINE ONLY (ITA and ENG)**

FRIDAY

13.00 - 14.00: KARATE MULTILEVEL with Paolo Bolaffio **(ITA and ENG)**
16.00 - 17.00: XINGYICHUAN with Manuel Santoro
19.00 - 19.40: BAGUAZHANG BASIC with Suna Tancig **ONLINE ONLY (ITA and ENG)**
19.50 - 20.30: CHEN TAIJIQUAN BASIC with Suna Tancig **ONLINE ONLY (ITA and ENG)**
20.00 - 21.00: K-WORK with Roberta Kirchmayer