

ART KAIZEN

HORÁRIO / SCHEDULE 2020

SEGUNDA
MONDAY

TERÇA
TUESDAY

QUARTA
WEDNESDAY

QUINTA
THURSDAY

SEXTA
FRIDAY

SÁBADO
SATURDAY

9:00 - 10:00
YOGA
com Liliانا Santos

18:30 - 20:00
KATHAK
com Eve Zandi

18:30 - 19:45
CAPOEIRA
com Fominha

20:00 - 21:30
YOGA
com Liliانا Santos

19:30 - 20:45
2 FREE YOUR KAIZEN
com Kwenda Lima

20:00 - 21:30
KAIZEN BAKOU
com Kwenda Lima

19:30 - 20:45
KAIZEN NJEL
com Kwenda Lima
| Sara Reis

21:00 - 22:00
DANÇA-TE
com Kwenda Lima
| Joana Pestana

21:00 - 22:00
**KHEWEUL &
INNER SILENCE**
com Kwenda Lima