

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
5							
6							
7		7.00-8.00		7.00-8.00	7.00-8.00		
8		AIKIDO		AIKIDO	AIKIDO	8.00-9.30	
9						AIKIDO	9.00-10.00
10						10.30-12.00	AIKIDO
11						CLOSLIEU	10.30-12.00
12	<b>Milano</b> <b>A KE LEI NAA DOJO</b> <i>PRATICA ZENSEI 2019-20</i>						KATSUGEN UNDO
13					13.00-14.15		
14					KATSUGEN UNDO		
15							<b>STAGES</b> <b>2019/20</b> <b>MILANO</b> <b>11-13 OTT 2019</b> <b>24-26 GEN 2020</b> <b>27-29 MARZO 2020</b> <b>ORTA</b> <b>21-24 MAG 2020</b>
16							
17							
18	18.30-19.45	18.30-19.50	19.00-20.00				
19	AIKIDO	ZEN	AIKIDO	19.00 - 20.15			
20	20.00-21.15	20.00-21.15	20.00-20.30	KATSUGEN UNDO			
21	KATSUGEN UNDO	KATSUGEN UNDO	OPEN MAT				
22							
23							