



## WORKSHOP WITH CONTRAMESTRE ESPETO

### PROGRAM

#### Friday 27<sup>th</sup> of March

**20:00-21:30** **Capoeira workshop** in our gym Zhongshan JianMeiLeYuan (the gym inside Zhongshan Park), Changning Lu n.780, Metro line 2,3,4, exit n.4



**21:30-23:30** **Dinner at Anadolu** Turkish restaurant, Hengshan Lu by Wulumuqilu

#### Saturday 28<sup>th</sup> of March

**15:00-16:00** If weather is nice: Roda in Zhongshan Park outside

**16:00-19:00** **Capoeira workshop and roda** in our gym Zhongshan JianMeiLeYuan (the gym inside Zhongshan Park), Changning Lu n.780, Metro line 2,3,4, exit n.4.



**20:30-00:00** **Princesa's Birthday Party at Latina Restaurant**  
Special price RMB128 all you can eat + 1 or 2 drinks  
Xujiahui, Grand Gateway Square, 1 Hongqiao Rd.



#### Sunday 29<sup>th</sup> of March

**11:00-13:30** **Music Class at "Il Panino"**  
138 Wujiang lu by Nanjing Xi Lu near Shimen Yi Lu 吴江路 138 号近石门一路  
exit 3 Metro line 2, Nanjing xi lu



**13:30-15:00** **Brunch at "Il Panino"**, Special price: RMB70 Buffet eat and drink

**16:00-19:00** **Capoeira workshop** in our gym Zhongshan JianMeiLeYuan (the gym inside Zhongshan Park), Changning Lu n.780, Metro line 2,3,4, exit n.4



**20:30-22:30** **Dinner at Cantonese Restaurant Bo Duo Xin Ji 博多新记(复兴店)**  
15# Lane 1252 Fuxing Middle Rd, Near Xiangyang South Rd, Xuhui District, Shanghai.  
徐汇区复兴中路 1252 弄 15 号(近襄阳南路)

**PRICE: RMB300 MEALS ARE NOT INCLUDED**

Contact person: Diego Guerreiro: 13761164307  
[Capoeirashanghai@yahoo.com](mailto:Capoeirashanghai@yahoo.com)