



WORKSHOP WITH CONTRAMESTRE ESPETO

PROGRAM

Friday 17th of July

21:30-23:30 **Dinner at 1221:** 1221 Yan'an Xi Lu, near Fanyu Lu, Metro Line 2 Jiangsu Lu Station 延安西路 1221 号泛太大厦 3 号楼底楼 近番禺路, 地铁 2 号线江苏路站

Saturday 18th of July

11:00-13:30 **Music Class at "Il Panino"**
1690 Beijing Xi Lu, near Jiaozhou Lu 北京西路 1690 号 近胶州路
Metro line 2, Jing'An Temple



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

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 **Party at Latina Restaurant**
Special price RMB130 all you can eat + 2 drinks
Xujiahui, Grand Gateway Square, 1 Hongqiao Rd.



Sunday 19th of July

10:30-16:00 **Capoeira workshop** in Hosa gym with one hour lunch break:



HOSA GYM: Tian Shan Lu n.762, Hong Xin Square. It is right outside the exit n.4 of the Subway Station Loushanguan Lu (the one after Zhongshan Park on line 2).

16:00-18:00 **MASSIVE RODA** at Hosa gym

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

www.capoeirashanghai.com

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