

Starting Days for Beginners



2024

2025

Intensive

Set	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Set	Oct	Nov	Dec
02	07	04	02	06	03	03	07	05	02	07	04	01	06	03	01
16	21	18		20	17	17	21	19	16	21	18	15	20	17	

2024

2025

Progressive

Set	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Set	Oct	Nov	Dec
02	07	04	02	06	03	03	07	05	02	07	04	01	06	03	02

2025

Lisbon Experience

Jun	Jul	Aug
02	07	04
16	21	18