

Starting Days for Beginners



2026

2027

Intensive

	Set	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Set	Oct	Nov	Dec
	07	05	02	07	04	01	01	05	03	07	05	02	06	04	08	06
	21	19	16		18	15	15	19	17	21	19	16	20	18	22	

2026

2027

Progressive

	Set	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Set	Oct	Nov	Dec
	07	05	02	07	04	01	01	05	03	07	05	02	06	04	08	06

2027

Lisbon Experience

	Jun	Jul	Aug
	07	05	02
	21	19	16