



Co-funded by the  
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## Inclusive Karate: a new perspective to decrease sedentary lifestyle and increase self-confidence in Down Syndrome – IKONS

### INFORMATION ABOUT THE GROUPS

#### ITALY

##### **Group 1 - Roma EST**

M.u.s.t.

Via Capistrano 36.

Tuesday and Thursday

17.00 – 18.00

##### **Group 2 - Roma NORD**

Queen Dance Accademy

Via Castelfranco Veneto 86

Tuesday and Thursday

16.00 – 17.00

*For information and inscriptions*

Fabio Verdone

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#### ROMANIA

Group 1: start on 10/09/2019 weekly on Tuesday at. 16:00 p.m.

Group 2: start on 11/09/2019 weekly on Wednesday at 15:30 p.m.

Group 1 and 2: start on 14/09/2019 weekly on Saturday

#### AUSTRIA

From Tuesday 10/09/19

Weekly training on Tuesday and Thursday.

#### HUNGARY

##### **Group 1:**

Benedek Elek Egymi

1201 Budapest Magyarok Nagyasszonya Tér 22.

Monday and Wednesday: 14.30-16.00

**Group 2:**

Közgazdasági Politechnikum Alternatív Gimnázium  
1096 Budapest Vendel utca 3.  
Wednesday and Friday: 19.15-20.45

**BELGIUM**

MFC 't Trapke, Domherenstraat 3 te Heusden-Zolder  
Group 1: start on 02/09/2019 weekly on Monday  
Group 2: start on 03/09/2019 weekly on Tuesday  
Group 1 and 2: start on 06/09/2019 weekly on Friday