

Montag


Dienstag


Mittwoch


Donnerstag


Freitag


Samstag


07:00 - 07:45
Qi Gong 


08:00 - 08:45
Qi Gong *PLUS* 


09:00 - 09:45
Qi Gong *PLUS* 


10:00 - 10:45
Qi Gong 


11:00 - 11:45
Tai Chi Form 


09:00 - 09:45
Qi Gong *PLUS* 

10:00 - 10:45
Qi Gong 

09:00 - 09:45
Qi Gong 

10:00 - 10:45
Qi Gong *PLUS* 


11:00 - 11:45
Tai Chi Form 


12:00 - 12:45
Tai Chi Schwert 


Kursplan





Januar 2021


17:00 - 17:45
Qi Gong 

18:00 - 18:45
Qi Gong *PLUS* 


19:00 - 19:45
Tai Chi Form 


17:00 - 17:45
Qi Gong 


18:00 - 18:45
Tai Chi Form 


20:00 - 20:45
Qi Gong 

21:00 - ca. 21:45
Meditation 

16:00 - 16:45
Qi Gong 

17:00 - 17:45
Qi Gong *PLUS* 

18:00 - 18:45
Tai Chi Form 

20:00 - 20:45
Qi Gong 

21:00 - ca. 21:45
Med. Entspannung 