

## Montag

## Dienstag

## Mittwoch

## Donnerstag

## Freitag

## Samstag

07:00 - 07:45  
Qi Gong



09:00 - 09:45  
TQ•PLUS



10:00 - 10:45  
Qi Gong



11:00 - 11:45  
Tai Chi Form



09:00 - 09:45  
TQ•PLUS



10:00 - 10:45  
Qi Gong



09:00 - 09:45  
Qi Gong



10:00 - 10:45  
TQ•PLUS



11:00 - 11:45  
Tai Chi Form



17:00 - 17:45  
Qi Gong



18:00 - 18:45  
TQ•PLUS



19:00 - 19:45  
Tai Chi Schwert



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



17:00 - 17:45  
Qi Gong



18:00 - 18:45  
Tai Chi Form



20:00 - ca. 20:45  
Meditation



### Kursplan



Mai 2021