



STUNDENPLAN 2023				
MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
09.30-10.30 Qigong	10.00 – 16.00 Körpertherapie		09.30-10.30 Taiji Generation+	10.00-11.15 Taiji A   B
		12.15 – 13.30 Taiji B		
17.00 – 18.00 Kungfu Jugend		16.30 – 17.30 Taiji Generation+		
18.00 – 19.15 Taiji B	17.45 – 19.00 Taiji A	17.45 – 19.00 Taiji B	17.45 – 19.00 Taiji A   B	
19.15 – 20.30 Taiji A	19.00 – 20.15 Taiji B	19.00 – 20.15 Taiji A	19.00 – 20.15 Baji	
	20.15 -21.30 Baji	20.15 – 21.15 Qigong		

**Taiji A:** Einsteiger\*innen Kurzform (13er)

**Taiji B:** Lange Form (Laojia Yilu)