

Trainingsplan ab 01. Oktober 2024

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	Taijiquan 09:00 - 10:15	Qigong 09:00 - 10:15 <i>Organ-Qigong</i>	Taijiquan 09:00 - 10:15	Qigong 09:00 - 10:15 <i>Hui Chun Gong</i>	
	Qigong 12:00 - 13:00 <i>Blutdruck regulierendes Qigong</i>				
Qigong 18:15 - 19:15 <i>Organ-Qigong</i>		Qigong 18:15 - 19:15 <i>Grundlagen & Taiji- Qigong</i>	Taijiquan 18:15 - 19:15		
Taijiquan 19:30 - 20:30		Taijiquan 19:30 - 20:30	Qigong 19:30 - 20:30 <i>Shaolin-Qigong</i>		