

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

精氣神

KURSPLAN

ab März 2017

10:30 - 12:00

Kung Fu
Wake Up

Errol

10:00 - 11:00

Kids ab 5 J.
Basics

Adnane

Kung Fu
Wake Up

Torsten

11:00 - 12:30

Kids ab 5 J.
Basics

Adnane

Kung Fu
Wake Up

Torsten

12:30 - 14:00

Kids & Teens
Basics

Tobi



17:00 - 18:00

Kids ab 5 J.
Basics

Robert

16:30 - 18:00

Kids & Teens
Open Class

Max

18:00 - 19:00

Wu Shu
Open Class

Robert

18:00 - 19:00

Tai Ji Quan
Basics
24er & 42er
Susann

Akrobatik
Open Class

Max

18:00 - 19:00

Kung Fu
Basics

Susann

18:00 - 19:30

Tai Ji Quan
Open Class
24er & 42er
32er Schwert
Sun, Wu & Chen Stil
Alex

18:00 - 19:00

Tai Ji Quan
Open Class
24er & 42er
Sun Stil
Tom

16:30 - 18:00

Wu Shu
Basics

Robert

19:00 - 20:00

Kung Fu
Open Class
Partnerübungen

Tom

19:00 - 20:00

Kung Fu
Open Class
Katana & Shinai

Toni

Qi Gong
Open Class

Tom

19:00 - 20:00

Kung Fu
Open Class
wechselnde Themen

Alex

19:30 - 20:30

Qi Gong
Open Class

Alex

19:00 - 20:00

Tai Ji Quan
Advanced Class
Wu Stil, Chen Stil
Tui Shou

Tom

Sonntag

09:30 - 12:00

Kung Fu • Tai Ji Quan
Günthersburgpark
Kampfübungen

Tom

20:00 - 21:00

Kung Fu
Advanced
Class
Tom

Tai Ji Quan
Basics
24er & 42er
Heide

20:00 - 21:30

Kung Fu
Advanced Class

Toni

20:00 - 21:00

Kung Fu
Advanced Class

Alex

20:30 - 22:00

Kung Fu
Basics

Max

20:00 - 21:30

Kung Fu
Open Class

Toni | Torsten | Robert

16:30 - 18:00

Kung Fu
Basics
Bodenkampf

Robert

21:00 - 21:30

Meditation

21:00 - 21:30

Meditation

