



CHEN TAIJI BERN

Stundenplan 2017

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
06.00 – 07.00	Taiji Zen				
9.30 – 10.45					Taiji A B
12.00 – 14.00	12.15-13.30 Taiji A B		12.30-13.45 Taiji A B		
15.00 – 16.00		Taiji Generation +			
16.00 – 17.00					
17.00 – 18.00			Kungfu Kids		
18.00 – 19.15	Taiji A	Taiji A	Taiji A B		
19.15 – 20.30	Taiji B	Taiji B	Taiji Qigong	Taiji A B	20.00-21.30
20.30 – 21.45		Baji		Baji	Meditation

Taiji A: Kurzform (13er) **Taiji B:** Lange Form (Laojia Yilu)



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