



CHEN TAIJI BERN

Stundenplan 2017

| Uhrzeit | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|---------------|-----------------------|--------------------|-----------------------|-------------|-------------|
| 06.00 – 07.00 | Taiji Zen | 09-00–10.00 | | | |
| 9.30 – 10.45 | | Taiji Generation + | | | 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 | | | | | |
| 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)