

# Shaolin Wushu

## Training Center

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
07:00 - 07:30						
07:30 - 08:00	San Da 07:30 - 08:30		Qi Gong 07:30 - 08:30			
08:00 - 08:30						
08:30 - 09:00						
09:00 - 09:30				Tai Ji - Basics 09:15		Meditation Qi Gong 09:00 - 10:20
09:30 - 10:00						
10:00 - 10:30				Tai Ji - Qi Gong 10:15 - 11:00		
10:30 - 11:00						
11:00 - 11:30				Tai Ji Form Training 11:15 - 12:00		Kung Fu 11:00 - 13:00
11:30 - 12:00						
12:00 - 12:30	Kung Fu 12:00 - 13:30		Kung Fu 12:00 - 13:30		Kung Fu 12:00 - 13:30	
12:30 - 13:00						
13:00 - 13:30						
13:30 - 14:00					Tai Ji - Basics 13:45 - 14:30	
14:00 - 14:30						
14:30 - 15:00					Tai Ji - Qi Gong 14:45 - 15:30	
15:00 - 15:30						
15:30 - 16:00					Tai Ji Form Training 15:45 - 16:30	
16:00 - 16:30						
16:30 - 17:00					Kung Fu Kids 16:00 - 17:00	
17:00 - 17:30	Kung Fu Kids 17:00 - 18:00	Kung Fu Kids 17:00 - 18:30	Kung Fu Kids 17:00 - 18:00			
17:30 - 18:00						
18:00 - 18:30						
18:30 - 19:00	Power & Stretch 18:30 - 19:30		Tai Ji - Basics 18:30 - 19:15		San Da 18:30 - 20:00	
19:00 - 19:30						
19:30 - 20:00		Kung Fu 19:00 - 21:00	Tai Ji - Qi Gong 19:30 - 20:15	Kung Fu 19:00 - 21:00		
20:00 - 20:30						
20:30 - 21:00			Tai Ji Form Training 20:30 - 21:15			