

Kursplan

Rückfragen 07345 2090252

DAO  KÜNSTE

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Senioren Qi Gong
8:30 - 09:30
Ruhe & Balance

Jugend Kung Fu
16:00 - 17:00
Action & Power

Stilles Qi Gong
11:00 - 12:00
Stille & Balance

Kinder Kung Fu
14:45 - 15:45
Fun & Move

Tai Chi Qi Gong
11:00 - 12:00
Ruhe & Balance

San Shou
17:15 - 18:15
Power & Kontakt

Bambini Kung Fu
16:15 - 17:15
Spaß & Konzentration

Kinder Kung Fu
16:00 - 17:00
Fun & Move

BJJ
18:00 - 19:30
Bodenkampf

Yoga Anfänger
18:30 - 19:30
Ruhe & Balance

Jugend Kung Fu
17:30 - 18:30
Action & Power

Jugend Kung Fu
17:15 - 18:15
Action & Power

Kinder Kung Fu
17:30 - 18:30
Fun & Move

Tai Chi
19:45 - 20:45
Ruhe & Harmonie

Yoga
18:45 - 19:45
Kraft & Balance

Yoga
18:00 - 19:15
Ruhe & Balance

San Shou
18:30 - 19:30
Power & Kontakt

Yoga
19:00 - 20:00
Ruhe & Balance

Meditation
21:00 - 22:00
Stille & Harmonie

Yoga
20:00 - 21:00
Ruhe & Balance

Yoga
19:30 - 20:45
Ruhe & Balance

Tai Chi
19:45 - 20:45
Ruhe & Harmonie