

## STUNDENPLAN FÜR LIVESTREAM + UNTERRICHT IM PARK UND RAUM

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
8:30 – STREAM – INGRID TAI CHI 24er Anfänger	8:00 – RAUM- EVA QI GONG Nei Yang Gong II	8:15 – STREAM – PIA TAI CHI 48er, Chen	8:30 – PARK – PIA TAI CHI 48er, Chen	8:15 – STREAM – HENRIKE QI GONG + TAI CHI 24er
			9:30 – PARK – EVA QI GONG 18fache II	
		9:45 – PARK – PIA TAI CHI 42er, 48er, Chen	9:45 – PARK – PIA TAI CHI 24er, 48er	10:00 – PARK – HENRIKE TAI CHI 24er, Anf. 48er
	10:30 – STREAM – HENRIKE QI GONG 18fach I		10:45 – PARK – HENRIKE QI GONG Warm-Ups	
11:15 – STREAM – EVA QI GONG Kranich	11:45 – RAUM – HENRIKE Tai Chi 48er, 42er		11:15 – STREAM CLAUDIA QI GONG 18fach II	11:45 – RAUM – EVA QI GONG Brokate
17:00 – RAUM – EVA QI GONG Herz Qi Gong	17:00 – STREAM – EVA QI GONG Herz Qi Gong	17:00 – PARK – PIA TAI CHI 48er	17:00 – STREAM – EVA QI GONG Lungen-Qi Gong	17:00 – RAUM – EVA QI GONG Wudang
	18:30 – STREAM – PIA TAI CHI 24er , Basic 48er	18:15 – PARK – PIA TAI CHI 48er, Chen		
	18:30 – PARK – CLAUDIA TAI CHI 24er + Fächer	19:00 – PARK – HENRIKE TAI CHI 24er	19:30 – PARK – UTE TAI CHI 48er	