



Trainingsplan

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
06:30 - 07:30			Kung Fu Lvl 3			
08:30-09:30	Tai Chi Lvl 3					
09:30 - 10:30						♀ self-defense
10:00 - 11:00	Kung Fu Lvl 1		Kung Fu Lvl 1		Kung Fu Lvl 1	
11:00 - 12:30			Stretching 11:00 - 11:30			Kung Fu Lvl 1
13:00 - 13:45						Qi Gong
13:45 - 14:30						Meditation
16:00 - 17:00					Kindertraining Lvl 2	
17:00 - 18:00	Kindertraining Lvl 1		Kindertraining Lvl 1		freies Training	
18:00 - 19:00	Tai Chi Lvl 1	Tai Chi Lvl 1		Tai Chi Lvl 1	Tai Chi Lvl 2	
18:15 - 19:15			San Shou			
19:00 - 20:30	Kung Fu Lvl 2	Kung Fu Lvl 1		Kung Fu Lvl 1	Kung Fu Lvl 2	
19:30 - 20:30			Kung Fu Lvl 1			