



Cours réguliers 2018 / 2019

Taiji-Quan & Qi Gong



★ Qi-Gong

☯ **Lundi 18H15/19H15** ➡ Montseret (Sandra)

19h/20h ➡ ACAD Narbonne (Pascal)

☯ **Mardi 18h30/19h30** ➡ Arborescence (Portel) (S)

☯ **Mercredi 8h30/9h30** ➡ MJC Narbonne (P)

10h30/11h30 ➡ ACAD Narbonne (S)

☯ **Jeudi 9h/10h** ➡ MJC Peyriac de Mer (P)

★ Taiji-Quan

☯ **Lundi 19H15/20H15** ➡ Montseret (S)

☯ **Mardi 17h/18h** ➡ ACAD Narbonne (P)

☯ **Mercredi 9h30/10h45** ➡ MJC Narbonne (P)

16h/17h ➡ ACAD Narbonne (P)

19h30/21h ➡ Arborescence (Portel) (S)

☯ **Jeudi 19h30/21h** ➡ Arborescence (Portel) (P)

Cours enfants 14h/15h ➡ **Tao kids & teenagers Sigean(S)**



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