



Cours réguliers 2018 / 2019

Taiji-Quan & Qi Gong



★ Qi-Gong

- ☯ **Lundi 18H15/19H15** → Montseret (S)
19h/20h → ACAD Narbonne (P)
- ☯ **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)

16h30/17h30 → ACAD Narbonne (P)

19h30/21h → Arborescence (Portel) (S)

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

☯ **Mercredi Cours enfants 14h/15h** → ACAD Narbonne (S)

Cours enfants 16h/17h → **Tao kids & teenagers Sigean** (S)

Vendredi bien-être 18h15/19h15 → ACAD Narbonne (S)



Enseignants DE : Pascal Pradoux & Sandra Pradoux

