

Aarau - Peter Spitzer, General Guisan Strasse 4, 5000 Aarau, 062 823 06 58

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
			Tai Chi / Qi Gong 09.15 - 10.45		Qi Gong 50+ 09.15 - 10.45
	Kinder - 10 J. 17.15 - 18.45	Jugend ab 11 J. 17.00 - 18.30		Kinder - 10 J. 17.00 - 18.15	
Wing Chun 7-14 19.00 - 20.30	Wing Chun 1-6 19.00 - 20.30	Tai Chi / Qi Gong 19.00 - 20.30	Wing Chun 1-6 19.00 - 20.30	Jugend ab 11 J. 18.30 - 20.00	
Tai Chi / Qi Gong 20.45 - 22.15	Eskrima 20.45 - 22.15	Wing Chun 7-14 20.45 - 22.15	Eskrima 20.45 - 22.15		

Amriswil - Helmut Mettler, Weidwiesenstrasse 2a, 8580 Amriswil, 071 411 60 77

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
				Tai Chi / Qi Gong 09.00 - 10.30	
		Kinder 4-6 J. 13.30 - 14.30			
Jugend ab 11 J. 17.00 - 18.30	Kinder 7-10 J. 17.00 - 18.30	Jugend ab 11 J. 17.00 - 18.30		Kinder 7-10 J. 17.00 - 18.30	
Wing Chun 1-14 19.00 - 20.30	Tai Chi / Qi Gong 19.00 - 20.30	Eskrima 19.00 - 20.30	Wing Chun 1-14 19.00 - 20.30		
Eskrima 20.45 - 22.15			Tai Chi / Qi Gong 20.45 - 22.15		

Arbon - Christian Bösch, Kupferwiesenstrasse 4, 9320 Arbon, 071 440 47 77

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
Kinder 7-15 J. 17.00 - 18.30		Kinder 7-15 J. 17.00 - 18.30			
Tai Chi / Qi Gong 19.00 - 20.30	Eskrima 19.00 - 20.30	Wing Chun 1-14 19.00 - 20.30	Eskrima 19.00 - 20.30		
Wing Chun 1-14 20.45 - 22.15		Tai Chi / Qi Gong 20.45 - 22.15			

Basel - S.Wenko, Leimgrubenweg 9, 4053 Basel, 061 332 23 32

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	Qi Gong Senioren 09.00 - 10.30		Qi Gong Senioren 09.00 - 10.30	Qi Gong/TaiJi Spez 09.00 - 10.00	
Kinder - 10 J. 17.00 - 18.30	Jugend ab 11 J. 17.00 - 18.30	Kinder 6 - 10 J. 17.00 - 18.30		Jugend ab 11 J. 17.30 - 19.00	
Tai Chi / Qi Gong 19.00 - 20.30	Wing Chun 4-14 19.00 - 20.30	Tai Chi / Qi Gong 19.00 - 20.30	Wing Chun 1-14 19.00 - 20.30		
Wing Chun 1-3 20.45 - 22.15	Eskrima 20.45 - 22.15		Eskrima 20.45 - 22.15		

Bern Liebfeld - Markus Krähenbühl, Könizstrasse 161 / Vidmarhallen, 3097 Bern-Liebfeld, 031 972 48 40

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
			Qi Gong 50+ 09.00 - 10.30		
	Jugend ab 11 J. 17.15 - 18.45	Kinder 5 - 10 J. 17.15 - 18.45	Jugend ab 11 J. 17.15 - 18.45	Kinder 5 - 10 J. 17.15 - 18.45	
Wing Chun 1-3 19.00 - 20.30	Eskrima 19.00 - 20.30	Tai Chi / Qi Gong 19.00 - 20.30	Wing Chun 1-14 19.00 - 20.30		
Tai Chi / Qi Gong 20.45 - 22.15	Wing Chun 4 - 14 20.45 - 22.15		Eskrima 20.45 - 22.15		

Bern Ostermundigen - Adrian Binggeli, Bernstrasse 28 Postfach 1034, 3072 Bern-Ostermundigen, 031 974 19 21

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
				ChiKung Einsteiger 09.15 - 10.45	
Jugend ab 11 J. 17.15 - 18.45	Kinder - 10 J. 17.15 - 18.45	Jugend ab 11 J. 17.15 - 18.45	Kinder - 10 J. 17.15 - 18.45		
Wing Chun 19.00 - 20.30	Tai Chi / Qi Gong 19.00 - 20.30	Wing Chun 19.00 - 20.30	Tai Chi / Qi Gong 19.00 - 20.30		
Eskrima 20.45 - 22.15		Eskrima 20.45 - 22.15			

Bülach - Robert Bruno, Solistrasse 25, 8180 Bülach, 044 860 84 49

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
			Qi Gong Senioren 09.00 - 10.30		Qi Gong für alle 09.00 - 10.00
Kinder ab 9- 11J. 17.00 - 18.30	Jugend ab 12 J. 17.15 - 18.45	Kinder ab 9- 11 J. 17.00 - 18.30	Kinder 6- 8 J. 17.15 - 18.45	Jugend ab 12 J. 18.00 - 19.30	
Tai Chi / Qi Gong 19.00 - 20.30	Wing Chun 1-14 19.00 - 20.30	Tai Chi / Qi Gong 19.00 - 20.30	Wing Chun 1-14 19.00 - 20.30		
	Eskrima 20.45 - 22.15		Eskrima 20.45 - 22.15		

Frauenfeld - Ralph Dinkel, Zürcherstrasse 173, 8500 Frauenfeld, 052 722 27 22

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
				Qi Gong / Tai Chi 09.00 - 10.30	
		Kinder 4-6 J. 14.00 - 15.00			
Kinder 7-10 J. 17.00 - 18.30	Jugend ab 11J. 17.00 - 18.30	Kinder 7-10 J. 17.00 - 18.30		Jugend ab 11 J. 18.00 - 19.30	
Tai Chi / Qi Gong 18.45 - 20.15	Wing Chun 1-14 18.45 - 20.15	Wing Chun 7-14 18.45 - 20.15	Eskrima 18.45 - 20.15		
Eskrima 20.30 - 22.00	Tai Chi / Qi Gong 20.30 - 22.00		Wing Chun 1-14 20.30 - 22.00		

Horgen - Theo Portmann, Tödistrasse 54, 8810 Horgen, 043 443 11 60

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
Kinder Wushu 17.15 - 18.45	Jugend Kung Fu 17.15 - 18.45	Kinder Wushu 17.15 - 18.45	Jugend Kung Fu 17.15 - 18.45		
Tai Chi / Qi Gong 19.00 - 20.30	Wing Chun 19.00 - 20.30	Tai Chi / Qi Gong 19.00 - 20.30	Wing Chun 19.00 - 20.30		
	Eskrima 20.45 - 22.15		Eskrima 20.45 - 22.15		

Kloten - Erwin Böni, Oberfeldstrasse 10, 8302 Kloten, 044 803 00 38

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	Qi Gong / Tai Chi 09.00 - 10.30		Qi Gong/Senioren 09.00 - 10.30		
Kinder - 10 J. 17.00 - 18.30		Jugend ab 11 J. 17.30 - 19.00	Kinder - 10 J. 17.00 - 18.30	Jugend ab 11 J. 17.30 - 19.00	
Tai Chi / Qi Gong 19.00 - 20.30	Wing Chun 1-14 19.00 - 20.30	Tai Chi / Qi Gong 19.30 - 21.00	Wing Chun 1-14 19.00 - 20.30		
	Eskrima 20.45 - 22.15		Eskrima 20.45 - 22.15		

Konstanz - Pascal Nesci, Hussenstrasse 31, D-78462 Konstanz, 0049 (0) 7531 99 11 37

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
Kinder / Jugend 17.15 - 18.45		Kinder - 10 J. 17.15 - 18.45		Jugend ab 11 J. 18.00 - 19.30	
Wing Chun 1-14 19.00 - 20.30	Eskrima 19.00 - 20.30	Tai Chi / Qi Gong 19.00 - 20.30	Eskrima 19.00 - 20.30		
Tai Chi / Qi Gong 20.45 - 22.15		Wing Chun 1-14 20.45 - 22.15			

Luzern - Fredy Eggstein, Fluhgrund, 6004 Luzern, 041 361 00 03

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
Kinder - 11 J. 17.15 - 18.45	Jugend ab 12 J. 17.15 - 18.45	Kinder - 11 J. 17.15 - 18.45		Jugend ab 12 J. 17.15 - 18.45	
Wing Chun 1-14 19.00 - 20.30	Tai Chi / Qi Gong 19.00 - 20.30	Wing Chun 1-14 19.00 - 20.30	Tai Chi / Qi Gong 19.00 - 20.30	Wing Chun 1-14 19.00 - 20.30	
Eskrima 20.45 - 22.00		Eskrima 20.45 - 22.00			

Neftenbach – Yvonne Bernauer, FITamin Gymnastikstudio, Seuzachstrasse 42, 8413 Neftenbach, 079 769 99 92

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	Qi Gong 10.15 - 11.15				
		Kinder Kung Fu 15.45 - 17.15			
				Kinder Kung Fu 16.30 - 18.00	
Jugend Wing Chun 19.30 - 21.00	Tai Chi 20.10 - 21.40		Tai Chi 20.10 - 21.40	Jugend Wing Chun 18.15 - 19.45	

Neuhausen - Patrick Roulet, Tobelackerstrasse 4, 8212 Neuhausen, 052 672 82 28

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
			Qi Gong Senioren 09.00 - 10.30		Tai Chi / Qi Gong 09.00 - 10.30
Jugend ab 11 J. 17.15 - 18.45	Kinder - 10 J. 17.15 - 18.45	Jugend ab 11J. 17.15 - 18.45		Kinder - 10 J. 17.15 - 18.45	
Wing Chun 19.00 - 20.30	Tai Chi / Qi Gong 19.00 - 20.30	Wing Chun 19.00 - 20.30	Tai Chi / Qi Gong 19.00 - 20.30	Nachwuchstraining 20.00 - 23.00	
Eskrima 20.45 - 22.15	Wing Chun 5- 11 20.45 - 22.15	Eskrima 20.45 - 22.15			

Rüti - Jörg Knobel, Weinbergstrasse 12, 8630 Rüti ZH, 055 240 75 53

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
					Qi Gong Senioren 09.00 - 10.30
Kinder - 10 J. 17.15 - 18.45	Jugend ab 11 J. 17.15 - 18.45	Kinder - 10 J. 17.15 - 18.45		Wing Chun Jugend 17.15 - 18.45	
Tai Chi / Qi Gong 19.00 - 20.30	Wing Chun 1-14 19.00 - 20.30	Eskrima 19.00 - 20.30	Tai Chi / Qi Gong 19.00 - 20.30	Eskrima 19.00 - 20.30	
			Wing Chun 1-14 20.45 - 22.15		

St. Gallen Ost - Ali Güldal, Martinsbruggstrasse 4, 9016 St. Gallen, 071 288 25 25

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
Wushu Anfänger 17.15 - 18.45	Wushu Fortg. 17.30 - 19.00	Wushu Anfänger 17.15 - 18.45	Wushu Fortg. 17.30 - 19.00	Kind. KungFu Anf. 17.00 - 18.30	
Wing Chun 1 - 4 19.00 - 20.30	Tai Chi / Qi Gong 19.30 - 21.00	Wing Chun 1 - 4 19.00 - 20.30	Wing Chun 5 - 10 19.00 - 20.30	Kind. KungFu Fortg 18.30 - 20.00	
Wing Chun 5 - 10 20.45 - 22.15		Eskrima 20.45 - 22.15	Eskrima 20.45 - 22.15		

St. Gallen West - Atila Färber, Walenbüchelstrasse 1, 9000 St. Gallen, 071 278 66 11

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	Tai Chi / Qi Gong 09.00 - 10.30		Qi Gong Senioren 09.00 - 10.30		
	Jugend ab 11 J. 17.30 - 19.00	Kinder -10 J. 17.00 - 18.30	Jugend ab 11 J. 17.00 - 18.30	Jugend ab 11 J. 17.30 - 19.00	
Wing Chun 1-6 19.00 - 20.30	Tai Chi / Qi Gong 19.30 - 21.00	Wing Chun 5-14 19.00 - 20.30	Wing Chun 1-6 19.00 - 20.30	Tai Chi / Qi Gong 19.30 - 21.00	
Wing Chun 7-14 20.45 - 22.15		Eskrima 20.45 - 22.15	Eskrima 20.45 - 22.15		

Stuttgart - Salvatore Mornhinweg, Stuttgarter Strasse 17A, D- 70734 Fellbach, 0049 (0) 711 510 91 54

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	Kinder 4-6 J. 15.15 - 16.30				
Jugend ab 11 J. 17.00 - 18.30	Kinder 7-10 J. 17.00 - 18.30	Jugend ab 11 J. 17.00 - 18.30	Kinder 7-10 J. 17.00 - 18.30		
Eskrima 19.00 - 20.30	Wing Chun 1-14 19.00 - 20.30	Tai Chi / Qi Gong 19.00 - 20.30	Wing Chun 1-14 19.00 - 20.30		
Tai Chi / Qi Gong 20.45 - 22.15			Eskrima 20.45 - 22.15		

Uster - Patrick Zürcher, Ackerstrasse 46, 8610 Uster, 043 300 16 16

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
					Qi Gong 09.00 - 10.30
	Kinder -10 J. 16.30 - 18.00				
	Jugend ab 11 J. 18.15 - 19.45		Jugend ab 11 J. 18.15 - 19.45	Kinder -10 J. 17.00 - 18.30	
Tai Chi / Qi Gong 19.00 - 20.30	Eskrima 20.00 - 21.30	Wing Chun 1-14 19.00 - 20.30	Eskrima 20.00 - 21.30	Tai Chi / Qi Gong 19.00 - 20.30	
Wing Chun 1-14 20.45 - 22.15		Tai Chi / Qi Gong 20.45 - 22.15			

Wettingen - Erich Weidinger, Rigistrasse 10, 5430 Wettingen, 056 426 52 52

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
					Qi Gong 09.00 - 10.30
	Kinder -10 J. 16.30 - 18.00				
	Jugend ab 11 J. 18.15 - 19.45		Jugend ab 11 J. 18.15 - 19.45	Kinder -10 J. 17.00 - 18.30	
Tai Chi / Qi Gong 19.00 - 20.30	Eskrima 20.00 - 21.30	Wing Chun 1-14 19.00 - 20.30	Eskrima 20.00 - 21.30	Tai Chi / Qi Gong 19.00 - 20.30	
Wing Chun 1-14 20.45 - 22.15		Tai Chi / Qi Gong 20.45 - 22.15			

Wattwil - Marcel Züger, Rickenstrasse 36, 9630 Wattwil, 071 988 88 25

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
		Kinder -10 J. 15.00 - 16.30			
		Jugend ab 11 J. 17.00 - 18.30			
Tai Chi / Qi Gong 19.15 - 20.45	Wing Chun 19.00 - 20.30	Tai Chi / Qi Gong 19.00 - 20.30	Eskrima 19.00 - 20.30		
	Eskrima 20.45 - 22.15		Wing Chun 20.45 - 22.15		

Wetzikon - Marco Waldmeier, Turnhallenstrasse 4, 8620 Wetzikon, 044 930 60 69

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
			Qi Gong Senioren 09.00 - 10.30		Qi Gong 09.00 - 10.00
		Kinder -10 J. 15.00 - 16.30			
Kinder -10 J. 17.00 - 18.30		Jugend ab 11 J. 17.00 - 18.30		Jugend ab 11 J. 17.00 - 18.30	
Wing Chun 1-6 19.00 - 20.30	Wing Chun 7-14 19.00 - 20.30	Tai Chi / Qi Gong 19.00 - 20.30	Wing Chun 1-6 19.00 - 20.30	Tai Chi / Qi Gong 19.00 - 20.30	
Eskrima 20.45 - 22.15	Eskrima 20.45 - 22.15		Wing Chun 7-14 20.45 - 22.15		

Wil - Gennaro Migliozzi, Titlisstrasse 3, 9500 Wil, 071 912 15 45

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	Qi Gong / Tai Chi 09.00 - 10.30				
		Kinder - 10 J. 15.00 - 16.30			
	Jugend ab 11 J. 17.00 - 18.30	Jugend ab 11 J. 17.00 - 18.30		Kinder - 10 J. 17.00 - 18.30	
Wing Chun 1-6 19.00 - 20.30	Tai Chi/Chi Kung 19.00 - 20.30	Wing Chun 1-6 19.00 - 20.30	Wing Chun 7-14 19.00 - 20.30	Tai Chi / Qi Gong 19.00 - 20.30	
Wing Chun 7-14 20.45 - 22.15		Eskrima 20.45 - 22.15	Eskrima 20.45 - 22.15		

Winterthur - Karin Manganiello, Ohrbühlstrasse 25, 8409 Winterthur, 052 232 25 25

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
Jugend ab 11J. 17.00 - 18.30	Kinder 6- 11 J. 17.00 - 18.30	Jugend ab 11 J. 17.00 - 18.30	Kinder 6- 11 J. 17.00 - 18.30		
Wing Chun 1-14 19.00 - 20.30	Tai Chi / Qi Gong 19.00 - 20.30	Wing Chun 1-14 19.00 - 20.30	Tai Chi / Qi Gong 19.00 - 20.30		
Eskrima 20.45 - 22.15		Eskrima 20.45 - 22.15			

Zug - Hansruedi Bickel, Baarerstrasse 141, 6300 Zug, 041 711 48 70

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
Kinder - 10 J. 17.00 - 18.30		Jugend ab 11 J. 17.15 - 18.45	Kinder - 10 J. 17.00 - 18.30	Jugend ab 11 J. 17.15 - 18.45	
Wing Chun 1-6 19.00 - 20.30	Tai Chi / Qi Gong 19.00 - 20.30	Eskrima 19.00 - 20.30	Tai Chi / Qi Gong 19.00 - 20.30	Wing Chun 6-14 19.00 - 20.30	
Eskrima 20.45 - 22.15	Wing Chun 6-14 20.45 - 22.15	Wing Chun 1-6 20.45 - 22.15			

Zürich Albisrieden - Gabor Csertan, Friedaustasse 17, 8003 Zürich, 044 401 40 42

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	Kinder 6-10 J. 17.00 - 18.30	Jugend 11-16 J. 17.00 - 18.30		Jugend 11-16 J. 17.00 - 18.30	
Wing Chun 19.00 - 20.30	Qi Gong / Tai Chi 19.00 - 20.30	Wing Chun 19.00 - 20.30	Qi Gong / Tai Chi 19.00 - 20.30		
Eskrima 20.45 - 22.15		Eskrima 20.45 - 22.15			

Zürich Oerlikon - Claudio Chiri, Winterthurerstrasse 297, 8057 Zürich, 044 312 08 18

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
			Qi Gong Einsteiger 09.00 - 10.30	Qi Gong / Tai Chi 09.30 - 11.00	
				TCM Sprechstunden 11.00 - 17.00	
Kinder 6-10 J. 17.15 - 18.45	Wushu Fortge. 18.00 - 19.30	Jugend 11-16 J. 17.15 - 18.45	Kinder 6-10 J. 17.15 - 18.45	Jugend 11-16 J. 17.15 - 18.45	
Wing Chun 19.00 - 20.30	Qi Gong / Tai Chi 20.00 - 21.30	Wing Chun 19.00 - 20.30	Qi Gong / Tai Chi 19.00 - 20.30	Wing Chun >9. Pr 19.00 - 20.30	
Eskrima 20.45 - 22.15		Eskrima 20.45 - 22.15			