



TIME 时间 / DAY 星期	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六	Sunday 星期日
7 a.m. 8 a.m. 9.30 a.m.			RITAN PARK	NORTH-EAST CORNER 日坛公园西北角			
10 a.m. 11 a.m. 11.30 a.m.	Internal Martial Arts: Qigong & Opening Meridian Practice 内家拳: 气功与经络调整	Private Class 私教课 Qigong Tuina Massage 气功推拿	Internal Martial Arts: Qigong & Opening Meridian Practice 内家拳: 气功与经络调整	Private Class 私教课 Qigong Tuina Massage 气功推拿	Private Class 私教课 Qigong Tuina Massage 气功推拿	Private Class 私教课 Qigong Tuina Massage 气功推拿	Private Class 私教课 Qigong Tuina Massage 气功推拿
12 a.m.							
1 p.m. 2.30 p.m. 3 p.m. 4.00 p.m. 4.30 p.m. 5 p.m.	Private Class 私教课 Qigong Tuina Massage	Private Class 私教课 气功推拿	Private Class 私教课 Qigong Tuina Massage	Private Class 私教课 气功推拿	Private Class 私教课 Qigong Tuina Massage	Self defense 防身术	Private Class 私教课 Tuina Class 推拿课
6 p.m.							
7 p.m. 8 p.m. 8.30 p.m.	Self defense 防身术	Internal Martial Arts: Qigong & Opening Meridian Practice 内家拳: 气功与经络调整	Xing Yi & Bagua 形意拳与八卦掌	Internal Martial Arts: Qigong & Opening Meridian Practice 内家拳: 气功与经络调整	Chinese Philosophy, Martial Arts Practice & Chinese Medicine 论道		



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Book your treatment/ class (English)	预约 中文
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