

BERGEN WUSHU

[Katten VGS/Bergen maritime, Bergen sentrum](#)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
16:00						Clubs Bergen wushu / wushu.no/ Djerv wushu / http://skdjerv.no/wushu_ Øygarden wushu
16:30						
17:00		Selfpractice (K)				
17:30	TaijiQuan Yang, beginner (M)		TaijiQuan Yang, beginner (K)			Teachers Li (Shaolin/Sanshou) Dai (Taiji/Qigong) Lu (Taolu/Wushu kids) Bai (TCM/Massage)
18:00	Dai 17:30-18:30		Dai 17:30 - 18:30	Selfpractice (M)		
18:30	ShaolinQuan, Beg (M)		ShaolinQuan, Beg (K)			
19:00	Li 18:30 -20:00		Li 18:30 - 20:00		QiGong (M)	
19:30	Taolu Advanced (M)	Sanda (K)		Taolu + TaijiQuan, Adv (M)		
20:00	Li 19:30 - 21:00			Dai + Li + Lu		
20:30						
21:00						Gyms M=Bergen maritime K=Bergen katedralskole MS=Møhlenpris skole VS=Vitalitetsenteret
21:30						
	M=Bergen maritime	K=Bergen katedralskole				

ØYGARDEN WUSHU

[Toftøy Skole, Øygarden](#)

Time	Monday	Friday
16:00		
16:30		
17:00		Shaolin/Sanshou
17:30		Li
18:00	Taolu	
18:30	Lu	
19:00		
19:30		
20:00		
20:30		
21:00		
21:30		
22:00		

DJERV WUSHU

[Vitalitetsenteret/Møhlenpris skole](#)

Time	Monday	Tuesday	Wednesday
7:30 - 8:15		Wushu Kids, Beg+Adv (MS)	
16:00		Lu 7:30 - 8:15	Wushu Kids, Beg+Adv (VS)
16:30			Lu 16:00-17:30
17:00			
17:30			Tumbling and acrobatics
18:00			
18:30			
19:00			
19:30			
20:00		Taijiqian Chen, Beginner (VS)	
20:30		Dai	
21:00		Taijiqian Chen, Adv (VS)	
21:30		Dai	
22:00			
22:30			

				MS=Møhlenpris skole	VS=Vitalitetsenteret		
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