Start Time	Time Blocks
5:30 am	1h

Shaolin Xiu Summer Camp Schedule

(Schedule is subject to change)

Summer 2022

TIME	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
5:30 am	TRAINING	TRAINING	TRAINIING	TRAINING	TRAINING	TRAINING	TRAINING
6:30 am	MEDITATION	MEDITATION	MEDITATION	MEDITATION	MEDITATION	MEDITATION	MEDITATION
7:00 am	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9:00 am	QIGONG	QIGONG	QIGONG	TUI NA	QIGONG	QIGONG	QIGONG
12:00 pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2:00 pm	TRAINING	TRAINING	TRAINING	SANDA	TRAINING	TRAINING	TRAINING
5:00 pm	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
7:00 pm	MEDITATION	MEDITATION	MEDITATION	MEDITATION	MEDITATION	MEDITATION	MEDITATION