



























SPRING SCHEDULE: February 28 – May 22 (12 weeks)

Ji Hong Tai Chi Mississauga 905-282-0882

START TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9:30 AM							YANG ADVANCE 	YANG 2 
10:30 AM							QI GONG HEALTH 	CHEN PRACTICE 
11:30 AM							YANG LEVEL 2 	
12:30 PM						YANG LEVEL 1 		
1:30 PM						QI GONG HEALTH 		
4:30 PM	CHEN / CANNON FIST ADVANCE 	QI GONG HEALTH 						
5:30 PM	YANG LEVEL 1 	YANG ADVANCE 						
6:30 PM		CHEN ADVANCE 	YANG ADVANCE 	QI GONG HEALTH 		CHEN LEVEL 1 		
7:30 PM		QI GONG HEALTH 	TAI CHI BASICS 	CHEN LEVEL 3 	YANG LEVEL 1 	YANG LEVEL 2 	YANG ADVANCE 	
8:30 PM		TAI CHI FITNESS 	CHEN LEVEL 2 	CHEN ADVANCE 		CHEN STYLE TAI CHI FAN - 1 	TAI CHI THEORY SEMINAR 	

**** IN-PERSON classes will be available only when government restrictions are lifted ****

 - IN-Person Class  – Virtual Class

All sessions are 50 minutes in duration.

[TAI CHI THEORY seminar is 60 minutes in duration and 11 weeks.]