
































FALL: September 14 - December 6, 2025 (12 weeks)

Ji Hong Tai Chi Mississauga 905-282-0882

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM							TAI CHI Yang Advance  ▶ TAI CHI Basics 
10:25 AM			QI GONG  ▶				QI GONG  ▶
11:20 AM							TAI CHI Chen 1  ▶ TAI CHI Yang 2  ▶
1:30 PM					QI GONG  ▶		
3:30 PM	TAI CHI Yang 1  ▶						
4:30 PM	TAI CHI Yang Advance  ▶ TAI CHI Cannon Fist 1  ▶						
5:30 PM	TAI CHI Sword 2  ▶ TAI CHI Basics  ▶						
6:30 PM		TAI CHI Wu 2  ▶	TAI CHI Yang Practice 	TAI CHI Yang Advance  ▶	TAI CHI Wu Practice 	COMPETITION Training  ▶	FITNESS  ▶
7:00 PM						TAI CHI Yang 1  ▶	TAI CHI Chen Practice 
7:30 PM			QI GONG  ▶	QI GONG  ▶	Push Hands	TAI CHI Yang 2  ▶	TAI CHI Basics 
8:00 PM							TAI CHI Chen Advance  ▶
8:30 PM		COMPETITION Training  ▶	TAI CHI Chen Advance  ▶		TAI CHI Chen 3  ▶	QI GONG  ▶	COMPETITION Practice 
							TAI CHI Wu Advance  ▶

 - IN-Person Class ▶ - Virtual Class