













































FALL SCHEDULE: September 27- December 19 (12 weeks)

Ji Hong Tai Chi Mississauga 905-282-0882

START	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		SUNDAY	
9:30 AM						YANG ADVANCE  	TAI CHI BASICS 		
10:30 AM						QI GONG HEALTH  	TAI CHI FORMS PRACTICE 		
11:30 AM					YANG LEVEL 1 				
12:30 PM				YANG LEVEL 2 					
1:30 PM				QI GONG HEALTH 					
3:30 PM								YANG LEVEL 2  	TAI CHI FORMS PRACTICE 
4:30 PM								TAI CHI FAN - 2  	YANG ADVANCE 
5:30 PM			TAI CHI BASICS 					TAI CHI SABRE 	
6:30 PM	CHEN ADVANCE  	YANG ADVANCE  	QI GONG HEALTH  		TAI CHI FITNESS  				
7:30 PM	QI GONG HEALTH  	TAI CHI BASICS  	YANG LEVEL 1  	CHEN LEVEL 3  	YANG ADVANCE  	TAI CHI FORMS PRACTICE 			
8:30 PM		CHEN LEVEL 2  	CHEN ADVANCE  	TAI CHI FAN - 1  	WU LEVEL 1  				

 - IN-Person Class  - Virtual Class