

# SPRING SCHEDULE (April 28 – July 20, 2019)

Training  
Practice

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM – 10:30 AM							TAI CHI BASICS YANG LEVEL 2
10:30 AM – 11:30 AM							QI GONG HEALTH YANG ADVANCE
11:30 AM – 12:30 PM							CHEN LEVEL 2 CHEN LEVEL 1
12:30 PM – 1:30 PM				TAI CHI BASICS YANG LEVEL 1			
1:30 PM – 2:30 PM		CHEN LEVEL 3		QI GONG HEALTH YANG LEVEL 2			
2:30 PM – 3:30 PM		TAI CHI BASICS			YANG ADVANCE		
3:30 PM – 4:30 PM		QI GONG HEALTH					
4:30 PM – 5:30 PM	WU LEVEL 4	YANG LEVEL 1					
5:30 PM – 6:30 PM	CANNON FIST/CHEN ADVANCE	YANG ADVANCE		QI GONG HEALTH		QI GONG HEALTH	
6:30 PM – 7:30 PM	PUSH HANDS	CANNON FIST Refinement	CHEN ADVANCE	YANG ADVANCE	CHEN LEVEL 2	YANG LEVEL 2	TAI CHI FITNESS
7:30 PM – 8:30 PM			QI GONG HEALTH	WU LEVEL 4	CANNON FIST Refinement	TAI CHI BASICS	CHEN ADVANCE CHEN LEVEL 3
8:30 PM – 9:30 PM			TAI CHI FITNESS	TAI CHI BASICS	CHEN ADVANCE	CHEN LEVEL 1	YANG ADVANCE YANG LEVEL 1

Qi Gong Health class practicing Da Wu and Tendon Changing Classic