
















































SPRING SCHEDULE: May 8 – July 30 (12 weeks)

Ji Hong Tai Chi Mississauga 905-282-0882

START TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9:30 AM							YANG LEVEL 2  	YANG ADVANCE 
10:30 AM							QI GONG HEALTH  	TAI CHI BASICS 
11:20 AM - 11:50 AM							CHEN TAI CHI PRACTICE 	YANG TAI CHI PRACTICE 
12:30 PM						YANG LEVEL 2 		
1:30 PM						QI GONG HEALTH 		
3:30 PM	CHEN LEVEL 1  	TAI CHI PRACTICE 						
4:30 PM	YANG ADVANCE  	YANG LEVEL 1 						
5:30 PM	CHEN SPEAR 2  				TAI CHI BASICS  			
6:30 PM		CHEN ADVANCE  	YANG TAI CHI PRACTICE 	YANG ADVANCE  	QI GONG HEALTH  	PUSH HANDS  	TAI CHI FITNESS  	
7:30 PM		QI GONG HEALTH  	CHEN TAI CHI PRACTICE 	TAI CHI BASICS  	YANG LEVEL 1  	CHEN LEVEL 2  	CHEN LEVEL 2  	TAI CHI PRACTICE 
8:30 PM					CHEN ADVANCE  		WU LEVEL 3  	

 - IN-Person Class  - Virtual Class

PUSH HANDS - Must have completed at least 3 terms of Advanced Tai Chi training