

SUMMER SCHEDULE (July 21 – September 14, 2019)

SUN		MON	TUE		WED	THU		FRI	SAT	
									TAI CHI BASICS 9:15 am – 10:30 am	YANG LEVEL 1 9:15 am – 10:30 am
					YANG LEVEL 1 12:15 pm – 1:30 pm				Yang style Workshop 10:30 am – 11:45 am	QI GONG HEALTH 10:30 am – 11:30 am
	CHEN LEVEL 1 2:00 pm – 3:15 pm				QI GONG HEALTH 1:30 pm – 2:30 pm				CHEN LEVEL 3 11:30 am – 12:45 pm	CHEN LEVEL 2 11:30 am – 12:45 pm
	Taiji Health Stick Workshop 3:15 pm – 4:15 pm				YANG LEVEL 2 2:30 pm – 3:45 pm					
WU LEVEL 1 4:15 pm – 5:30 pm	Instructor Program III 4:15 pm – 5:30 pm									
SPEAR 5:30 pm - 6:45 pm	YANG LEVEL 2 5:30 pm – 6:45 pm	Yang style Workshop 6:15 pm – 7:30 pm	QI GONG HEALTH 6:00 pm – 7:00 pm		TAI CHI BASICS 5:45 pm – 7:00 pm	QI GONG HEALTH 6:00 pm – 7:00 pm		TAI CHI FITNESS 6:00 pm – 7:00 pm		
		QI GONG HEALTH 7:30 pm – 8:30 pm	YANG LEVEL 1 7:00 pm – 8:15 pm	FORMS PRACTICE 7:00 pm – 8:00 pm	CHEN LEVEL 3 7:00 pm – 8:15 pm	WU LEVEL 1 7:00 pm – 8:15 pm	FORMS PRACTICE 7:00 pm – 8:00 pm	Chen Style Workshop 7:00 pm – 8:15 pm	CHEN LEVEL 1 7:00 pm – 8:15 pm	
		TAI CHI FITNESS 8:30 pm – 9:30 pm	TAI CHI BASICS 8:15 pm – 9:30 pm		Taiji Health Stick Workshop 8:15 pm – 9:30 pm	CHEN LEVEL 2 8:15 pm – 9:30 pm		Instructor Program III 8:15 pm – 9:30 pm	YANG LEVEL 2 8:15 pm – 9:30 pm	

WORKSHOPS: Spaces are limited. Please sign-up online to reserve your spot.

INSTRUCTOR PROGRAM: Register in advance. Program will be cancelled if there is insufficient enrollment.