

SUMMER Workshops: June 30 - July 27, 2024 (4 weeks)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SATURDAY
9:45 AM						TAI CHI Practice Basics and Yang Style
10:30 AM						QI GONG Practice
11:15 AM						TAI CHI Practice Chen and Wu Style
4:30 PM	WORKSHOP - Tai Chi Long Pole 	WORKSHOP Qi Gong Refinement * 				
5:30 PM	WORKSHOP - Push Hands 	WORKSHOP Competition Training				
6:30 PM		WORKSHOP - CHEN Style Refinement 	WORKSHOP - YANG Style Refinement 	TAI CHI Practice Basics and Yang Style 	TAI CHI Practice Chen and Wu Style 	
7:30 PM		WORKSHOP Qi Gong Health Stick 	WORKSHOP - WU Style Refinement 	7:15 PM QI GONG Practice 	7:15 PM FITNESS Practice 	

Qi Gong Refinement * : Ma Wang Dui, Five Animals, Da Wu

SUMMER Break: July 28 - September 21 (8 weeks)

WEDNESDAY	SATURDAY
6:30 PM TAI CHI Practice: Basics and Yang Style	9:45 AM TAI CHI Practice: Basics and Yang Style
7:15 PM QI GONG Practice	10:30 AM QI GONG Practice
8:00 PM TAI CHI Practice: Chen and Wu Style	11:15 AM TAI CHI Practice: Chen and Wu Style

- IN-Person Class - Virtual Class