

SUMMER SCHEDULE: June 14 – September 5 (12 weeks)

Workshops: July 14 – September 1 (8 weeks)

Ji Hong Tai Chi Mississauga 905-282-0882

START TIME	SUNDAY	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	Virtual	Virtual	Personal	Virtual	Personal	Virtual	Personal	Virtual	Personal	Virtual	Personal
9:30 AM										YANG LEVEL 2	YANG LEVEL 2
10:30 AM										QI GONG HEALTH	
11:30 AM										CHEN LEVEL 2	CHEN LEVEL 2
12:30 PM						YANG LEVEL 1		TAI CHI BASICS			
1:30 PM								QI GONG HEALTH			
2:30 PM										WU PRACTICE	
3:30 PM	QI GONG HEALTH									YANG PRACTICE	
4:30 PM	YANG LEVEL 1									CHEN PRACTICE	
6:30 PM		WU PRACTICE	YANG Refinement Workshop	CHEN LEVEL 3	CHEN LEVEL 3	CHEN LEVEL 2	CHEN LEVEL 2	YANG LEVEL 1	YANG LEVEL 1		
7:30 PM		YANG PRACTICE	CHEN Refinement Workshop	QI GONG HEALTH		YANG LEVEL 2	YANG LEVEL 2	CHEN LEVEL 1	CHEN LEVEL 1		
7:45 PM				TAI CHI BASICS	TAI CHI BASICS	CANNON FIST 1	CANNON FIST 1	CHEN LEVEL 3	CHEN LEVEL 3		
8:30 PM		CHEN PRACTICE									

NOTE: All participants must wear a mask when entering the studio for personal training sessions.

All classes are 50 minutes in duration. Workshops are 65 minutes in duration.