










































WINTER SCHEDULE: January 17 – April 10 (12 weeks)

Ji Hong Tai Chi Mississauga 905-282-0882

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

 - IN-Person Class  – Virtual Class