

WINTER SCHEDULE (January 13 – April 6, 2019)

Tai Chi Training
Health & Fitness

| TIME | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | | |
|---------------------|---------------------|------------------|-----------------|--------------------------------|----------------------------------|----------------|--------------------------------|----------------------------------|-----------------|
| 9:30 AM – 10:30 AM | | | | | | | TAI CHI BASICS YANG LEVEL 1 | | |
| 10:30 AM – 11:30 AM | | | | | | | QI GONG HEALTH YANG ADVANCE | | |
| 11:30 AM – 12:30 PM | | | | | | | CHEN LEVEL 1 CHEN LEVEL 3 | | |
| 12:30 PM – 1:30 PM | | | | TAI CHI BASICS YANG LEVEL 1 | | | | | |
| 1:30 PM – 2:30 PM | | CHEN LEVEL 2 | | QI GONG HEALTH YANG LEVEL 2 | | | | | |
| 2:30 PM – 3:30 PM | | TAI CHI BASICS | | | | | | | |
| 3:30 PM – 4:30 PM | | QI GONG HEALTH | | | | | | | |
| 4:30 PM – 5:30 PM | WU LEVEL 3 | YANG LEVEL 2 | | | | | | | |
| 5:30 PM – 6:30 PM | CANNON FIST ADVANCE | YANG ADVANCE | | QI GONG HEALTH | | QI GONG HEALTH | | | |
| 6:30 PM – 7:30 PM | PUSH HANDS | CANNON FIST - II | CHEN ADVANCE | YANG ADVANCE | FORMS PRACTICE 7:00 PM - 8:00 PM | CHEN LEVEL 1 | YANG LEVEL 1 | FORMS PRACTICE 7:00 PM - 8:00 PM | TAI CHI FITNESS |
| 7:30 PM – 8:30 PM | | | QI GONG HEALTH | WU LEVEL 3 | CANNON FIST - II | TAI CHI BASICS | CHEN ADVANCE | CHEN LEVEL 2 | |
| 8:30 PM – 9:30 PM | | | TAI CHI FITNESS | TAI CHI BASICS | CHEN ADVANCE | CHEN LEVEL 3 | YANG ADVANCE | YANG LEVEL 2 | |

April Break: April 7 - 27, 2019 (inclusive)

TAI CHI RETREAT

Updated: 18 December 2018