

WIN/SPR QI GONG 2025

Mon

Tue

Wed

Thu

Fri

Sat
Meditation
8:15-9:00

Sun

Standing &
Foundational
Qi Gong
10:00-11:00
Dragon &
Tiger Medical
Qi Gong
11:00-12:00

Ba Gua Circle
Walking
5:30-6:30
Heaven &
Earth Qi Gong
6:30-7:30