

TAI CHI AND QIGONG CLASSES

(ALL ARE AVAILABLE TO INTERNAL ARTS CLUB STUDENTS)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8a.m. DAILY QIGONG* PRACTICE (ONLINE)	8a.m. DAILY QIGONG PRACTICE* (ONLINE)	8a.m. DAILY QIGONG PRACTICE* (ONLINE)	8a.m. DAILY QIGONG PRACTICE* (ONLINE)	8a.m. DAILY QIGONG PRACTICE* (ONLINE)		
					9-9:55a.m. 1st Saturday: Leadership Team 4th Saturday: Salon (on Zoom)*	
	5:15-6p.m. ROTATING QIGONG SERIES* (see website)					
				6-6:55p.m Last Friday: TAI CHI PUSH HANDS/ MARTIAL APPLICATIONS		
7-7:55p.m BEGINNER TAI CHI & QIGONG*	7-7:55p.m Cardio Circuit Training*	7-7:55p.m ALL LEVEL TAI CHI*	7-7:55p.m Cardio Circuit Training*	7-7:55p.m. Last Friday: OPEN PUSH HANDS/ SPARRING		
8-8:55p.m TAI CHI SWORD	8-8:55p.m TAI CHI REFINEMENT	8-8:55p.m TAI CHI LONG FORM	8-8:55p.m SEASONAL QIGONG*			

***PERFECT FOR BEGINNER STUDENTS**