

# TAI CHI AND QIGONG CLASSES

(ALL ARE AVAILABLE TO INTERNAL ARTS CLUB STUDENTS)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9-9:25a.m. DAILY QIGONG* PRACTICE (ONLINE)	9-9:25a.m. DAILY QIGONG PRACTICE* (ONLINE)	9-9:25a.m. DAILY QIGONG PRACTICE* (ONLINE)	9-9:25a.m. DAILY QIGONG PRACTICE* (ONLINE)	9-9:25a.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. <b>BEGINNER TAI CHI &amp; QIGONG*</b>	7-7:55p.m. Interval Training*	7-7:55p.m. <b>ALL LEVEL TAI CHI*</b>	7-7:55p.m. Interval 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. <b>SEASONAL QIGONG*</b>			

**\*PERFECT FOR BEGINNER STUDENTS**