

2023 Winter/Spring Taiji Quan and Qigong classes March 2023

January 2023

SUN	MON	TUE	WED	THURS	FR	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
Classes Resume	7:00 pm Qigong 7:00 pm Form Class		6:50 pm Advanced 8:00 pm Advanced+			8:20 am Form Class 9:30 am Qigong 9:30 am Gentle
29	30	31				
	7:00 pm Qigong 7:00 pm Form Class					

February 2023

SUN	MON	TUE	WED	THURS	FR	SAT
			1	2	3	4
			6:50 pm Advanced 8:00 pm Advanced+			8:20 am Form Class 9:30 am Qigong 9:30 am Gentle
5	6	7	8	9	10	11
	7:00 pm Qigong 7:00 pm Form Class		6:50 pm Advanced 8:00 pm Advanced+			8:20 am Form Class 9:30 am Qigong 9:30 am Gentle
12	13	14	15	16	17	18
	7:00 pm Qigong 7:00 pm Form Class		6:50 pm Advanced 8:00 pm Advanced+			8:20 am Form Class 9:30 am Qigong 9:30 am Gentle
19	20	21	22	23	24	25
	Presidents' Day No classes		No classes			No classes
26	27	28				
	7:00 pm Qigong 7:00 pm Form Class					

March 2023

SUN	MON	TUE	WED	THURS	FR	SAT
			1	2	3	4
			6:50 pm Advanced 8:00 pm Advanced+			8:20 am Form Class 9:30 am Qigong 9:30 am Gentle
5	6	7	8	9	10	11
	7:00 pm Qigong 7:00 pm Form Class		6:50 pm Advanced 8:00 pm Advanced+			8:20 am Form Class 9:30 am Qigong 9:30 am Gentle
12	13	14	15	16	17	18
	7:00 pm Qigong 7:00 pm Form Class		6:50 pm Advanced 8:00 pm Advanced+			8:20 am Form Class 9:30 am Qigong 9:30 am Gentle
19	20	21	22	23	24	25
	7:00 pm Qigong 7:00 pm Form Class		6:50 pm Advanced 8:00 pm Advanced+			8:20 am Form Class 9:30 am Qigong 9:30 am Gentle
26	27	28	29	30	31	
			Spring Break			

April 2023

SUN	MON	TUE	WED	THURS	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
	7:00 pm Qigong 7:00 pm Form Class		6:50 pm Advanced 8:00 pm Advanced+			8:20 am Form Class 9:30 am Qigong 9:30 am Gentle
16	17	18	19	20	21	22
	7:00 pm Qigong 7:00 pm Form Class		6:50 pm Advanced 8:00 pm Advanced+			8:20 am Form Class 9:30 am Qigong 9:30 am Gentle
23	24	25	26	27	28	29
	7:00 pm Qigong 7:00 pm Form Class		6:50 pm Advanced 8:00 pm Advanced+			8:20 am Form Class 9:30 am Qigong 9:30 am Gentle
30						

May 2023

SUN	MON	TUE	WED	THURS	FRI	SAT
	1	2	3	4	5	6
	7:00 pm Qigong 7:00 pm Form Class		6:50 pm Advanced 8:00 pm Advanced+			8:20 am Form Class 9:30 am Qigong 9:30 am Gentle
7	8	9	10	11	12	13
	7:00 pm Qigong 7:00 pm Form Class		6:50 pm Advanced 8:00 pm Advanced+			8:20 am Form Class 9:30 am Qigong 9:30 am Gentle
14	15	16	17	18	19	20
	7:00 pm Qigong 7:00 pm Form Class		6:50 pm Advanced 8:00 pm Advanced+			8:20 am Form Class 9:30 am Qigong 9:30 am Gentle
21	22	23	24	25	26	27
28	29	30	31			
	Memorial Day NO School					

Day	Time	Class	Room/Space
Monday	7:00-8:00 pm	Qigong and Foundations	B301
	7:00-8:00 pm	Taiji Form Class	E-Corridor
Wednesday	6:50-7:50 pm	Advanced	E-Corridor
	8:00-8:30 pm	Advanced+	E-Corridor
Saturday	8:20-9:20 am	Taiji Form Class	E-Corridor
	9:30-10:15 am	Gentle Taiji Quan	B124-126
	9:30-10:30 am	Qigong and Foundations	B301