

2024 Winter/Spring Class Calendar

Northfield, IL

January 2024

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

February 2024

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

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March 2024

SUN	MON	TUE	WED	THURS	FRI	SAT
					1	2 8:20 am Form Class 9:30 am Qigong 9:30 am Gentle
3	4	5	6	7	8	9
	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
10	11	12	13	14	15	16
	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
17	18	19	20	21	22	23
No classes						
24	25	26	27	28	29	30
No classes—NT Spring Break						
31						

April 2024

SUN	MON	TUE	WED	THURS	FRI	SAT
	1	2	3	4	5	6 8:20 am Form Class 9:30 am Qigong 9:30 am Gentle
	7:00 pm Qigong 7:00 pm Form Class		6:50 pm Advanced 8:00 pm Advanced+			
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
	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
28	29	30				
	7:00 pm Qigong 7:00 pm Form Class					

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May 2024

SUN	MON	TUE	WED	THURS	FRI	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					
19	20	21	22	23	24	25
26	27	28	29	30	31	

Monday	7:00 p.m.	Qigong and Foundations of Taiji
	7:00 p.m.	Taiji Form Class
Wednesday	6:50 p.m.	Advanced Class
	8:00 p.m.	Advanced +
Saturday	8:20 a.m.	Taiji Form Class
	9:30 a.m.	Gentle Taiji Class
	9:30 a.m.	Qigong and Foundations of Taiji