

2024 Fall Qigong and Taiji Classes

September 2024

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

October 2024

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

November 2024

SUN	MON	TUE	WED	THUR	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
	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
24	25	26	27	28	29	30
	No classes		No classes			No classes

December 2024

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
	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
8	9	10	11	12	13	14
	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
15	16	17	18	19	20	21
	Taiji and Qigong Holiday Party					
22	23	24	25	26	27	28
29	30	31				

Monday	7:00-8:00 p.m.	Qigong and Foundations of Taiji Class
	7:00-8:00 p.m.	Form Class
Wednesday	6:50-7:50 p.m.	Advanced Class
	8:00-8:30 p.m.	Advanced + Class
Saturday	8:20-9:20 a.m.	Form Class
	9:30-10:30 a.m.	Qigong and Foundations of Taiji Class
	9:30-10:15 a.m.	Gentle Taiji Class