

January 2025

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	21	22	23	24	25
	MLK Day-no school					
26	27	28	29	30	31	
	7:00 pm Qigong 7:00 pm Form Class		6:50 pm Advanced 8:00 pm Advanced+			

February 2025

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

March 2025

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

April 2025

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
6	7	8	9	10	11	12 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+			
13	14	15	16	17	18	19
	7:00 pm Qigong 7:00 pm Form Class				Good Friday-no school	
20	21	22	23	24	25	26 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+			
27	28	29	30			
	7:00 pm Qigong 7:00 pm Form Class		6:50 pm Advanced 8:00 pm Advanced+			

May 2025

SUN	MON	TUE	WED	THURS	FRI	SAT
					1	2
						8:20 am Form Class 9:30 am Qigong 9:30 am Gentle
4	5	6	7	8	9	10 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+			
11	12	13	14	15	16	17 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+			
18	19	20	21	22	23	24
25	26	27	28	29	30	31
	Memorial Day					

Monday	7:00 pm	Qigong and Foundations
	7:00 pm	Form Class
Wednesday	6:50 pm	Advanced
	8:00 pm	Advanced +
Saturday	8:20 am	Form Class
	9:30 am	Qigong and Foundations
	9:30 am	Gentle