

2026 Winter-Spring Calendar

2026 Winter-Spring Classes and Primary Instructors			
Monday	7:00-8:00 pm	Qigong and Foundations of Taiji	Xin
	7:00-8:00 pm	Form Class	Pam
Wednesday	6:30-7:30 pm	Advanced Class	Pam
	7:30-8:00 pm	Advanced +	Pam
Saturday	8:20-9:20 am	Form Class	Pam
	9:30-10:15 am	Gentle Class	Pam
	9:30-10:30 am	Qigong and Foundations of Taiji	Paula

January 2026

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
	MLK Day-no school					
25	26	27	28	29	30	31
	7:00 pm Qigong 7:00 pm Form Class		6:30 pm Advanced 7:30 pm Advanced+			8:20 am Form Class 9:30 am Qigong 9:30 am Gentle

February 2026

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

March 2026

SUN	MON	TUE	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
	7:00 pm Qigong 7:00 pm Form Class		6:30 pm Advanced 7:30 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		6:30 pm Advanced 7:30 pm Advanced+			8:20 am Form Class 9:30 am Qigong 9:30 am Gentle
15	16	17	18	19	20	21
	7:00 pm Qigong 7:00 pm Form Class		6:30 pm Advanced 7:30 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		6:30 pm Advanced 7:30 pm Advanced+			8:20 am Form Class 9:30 am Qigong 9:30 am Gentle
29	30	31	SPRING BREAK: NO CLASSES MARCH 30-APRIL 5			

April 2026

SUN	MON	TUE	WED	THURS	FRI	SAT
			1	2	3	4
			SPRING BREAK: NO CLASSES MARCH 30-APRIL 5			
5	6	7	8	9	10	11
EASTER	7:00 pm Qigong 7:00 pm Form Class		6:30 pm Advanced 7:30 pm Advanced+			8:20 am Form Class 9:30 am Qigong 9:30 am Gentle
12	13	14	15	16	17	18
	No Classes		No Classes			No Classes
19	20	21	22	23	24	25
	7:00 pm Qigong 7:00 pm Form Class		6:30 pm Advanced 7:30 pm Advanced+			8:20 am Form Class 9:30 am Qigong 9:30 am Gentle
26	27	28	29	30		
	7:00 pm Qigong 7:00 pm Form Class		6:30 pm Advanced 7:30 pm Advanced+			

May 2026

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		6:30 pm Advanced 7:30 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		6:30 pm Advanced 7:30 pm Advanced+			8:20 am Form Class 9:30 am Qigong 9:30 am Gentle
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	Memorial Day					
31						