



社究研拳極太輝耀鄭

TAI CHI WELLNESS CENTER

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Tai Chi Class Schedule

For a complete description of each class see our web site

www.taichimasterhenry.com

<p style="text-align: center;">Monday</p> <p><u>Beginning Tai Chi and Chi Kung</u> 6:00 - 7:00 pm</p> <p><u>Tai Chi Flow</u> 7:00 - 7:45 pm</p>	<p style="text-align: center;">Wednesday</p> <p><u>Beginning Tai Chi and Chi Kung</u> 9:00 - 10:00 am (Morning)</p> <p><u>Beginning Self Defense</u> 6:30 - 7:30 pm</p> <p>*Advanced Tai Chi and Chi Kung 7:30 - 8:30 pm * Master Cheng's approval required</p>
<p style="text-align: center;">Tuesday</p> <p><u>Chinese Calligraphy and Painting</u> 2nd and 4th Tuesdays of the month 6:00 - 7:45 pm</p> <p><u>Beginning Tai Chi and Chi Kung</u> 8:00 - 9:00 pm</p> <p><u>Stress Relief Class</u> Relax and Have Some Fun! Improve your Health! 1st and 3rd Tuesdays of the month 7:00 - 8:00 pm</p>	<p style="text-align: center;">Saturday</p> <p>*Advanced Tai Chi and Self Defense 8:30 - 10:15 am * Master Cheng's approval required</p> <p><u>Tai Chi Sword and Saber</u> 10:15 - 11:00 am</p> <p><u>Beginning Tai Chi and Chi Kung</u> 11:00 am- 12:00 pm</p> <p><u>Tai Chi Classic</u> (Will start up again this fall) 12:00-12:30pm</p>