



SAN FRANCISCO HUNYUAN TAI CHI ACADEMY

WEEKLY SCHEDULE 2019

	MON	TUE	WED	THU	FRI	SAT	SUN
8 AM	MORNING QIGONG 8 – 9 AM	MORNING QIGONG 8 – 9 AM	MORNING QIGONG 8 – 9 AM	MORNING QIGONG 8 – 9 AM	MORNING QIGONG 8 – 9 AM		
9 AM	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	DYNAMIC QIGONG 9 – 10:30 AM	PRIMORDIAL QIGONG 9 – 10:30 AM
10 AM	INDIVIDUALLY SCHEDULED WITH INSTRUCTORS						
11 AM	9:30 AM – 5:30 PM M – F					BEGINNING TAIJI 11 AM – 12 PM	BEGINNING TAIJI 11 AM – 12 PM
12 PM							
1 PM						MODERN TAOISM 12:30 – 2:30 PM	PUSH-HANDS 12:30 – 1:30 PM
2 PM							ADVANCED TAIJI 1:30 – 2:30 PM
3 PM						PRIVATE LESSONS 3 – 5:30 PM	PRIVATE LESSONS 3 – 5:30 PM
4 PM							
5 PM							
6 PM	FOUNDATION STUDIES I 6 – 7:30 PM	BEGINNING TAIJI 6 – 7:30 PM	FOUNDATION STUDIES II 6 – 7:30 PM	BEGINNING TAIJI 6 – 7:30 PM		EVENING PROGRAMS 6 – 8 PM	
7 PM							
8 PM							