



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 – 10:00 AM	PRIMORDIAL QIGONG 9 – 10:00 AM
10 AM	INDIVIDUALLY SCHEDULED WITH INSTRUCTORS						
11 AM	9:30 AM – 5:30 PM M – F					BEGINNING TAIJI 10:30 – 11:30 AM	BEGINNING TAIJI 10:30 – 11:30 AM
12 PM						MODERN TAOISM 12:00 – 2:00 PM	PUSH-HANDS 12:00 – 1:00 PM
1 PM							ADVANCED TAIJI 1:00 – 2:00 PM
2 PM							
3 PM						PRIVATE LESSONS 2:30 – 5:30 PM	PRIVATE LESSONS 2:30 – 5:30 PM
4 PM							
5 PM							
6 PM		BEGINNING TAIJI 6 – 7:00 PM		BEGINNING TAIJI 6 – 7:00 PM		EVENING PROGRAMS 6 – 8 PM	
7 PM							
8 PM							