



# SAN FRANCISCO HUNYUAN TAI CHI ACADEMY

## WEEKLY SCHEDULE 2019

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