

Taiji Qigong Class Schedule

Monday: 9:30 - 10:45am

Rejuvenation Qi Gong

Ba Gua 99 Hui Chun Gong 八卦九九回春功 (養生功)

Monday: 7:00 - 8:00pm

Yang Style Taichi 楊式太極

Saturday: 6:00- - 7:00pm

Chen Style Taichi 陳式太極,

Old Frame First Routine 老架一路

Jan 4th, 2016