

# NEW! Tai Chi Weekly Class Schedule

## Mon

6-7pm – green & brown sash

7-7:30pm - white sash (beginners' class)

7:30-8:30pm – yellow & blue sash

## Wed

### **Morning classes**

11-11:45am – white, yellow & blue sash (beginners' class)

12-12:45pm – green & brown sash

### **Evening classes**

6-7pm - black sash

## Fri

5-5:30pm - white sash (beginners' class)

5:30-6:30pm - yellow & blue sash

6:30-7:30pm - green, brown & black sash

*\*Alternates weekly (check calendars)*

*\*7:30-8:15pm - black sash*

*\*7:30-8:30pm - Advanced black belt (4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> degree black belt)*

## Sat

11:30-12:30pm All levels Tai Chi review (beginners and above)

2pm Testing (as scheduled)

