



## Regular Class Schedule – Winter 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
9:00 – 10:00am						
9:00 – 10:30am		Qigong & Tai Chi Beijing 24 Yang 108 Fran Crowe			Qigong & Tai Chi Beijing 24 Yang 108 Fran Crowe	
9:30 – 10:30am			Qigong Fran Crowe			
10:15 – 11:45am						
10:30 – 11:45am			Tai Chi Beijing 24 Fran Crowe			
7:00 – 8:30pm	Tai Chi Yang 108 Beijing 24 Qigong- Fran Crowe					