



CHINESE HEALING & MOVEMENT ARTS

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www.ChineseArts-Oly.com

August & Fall Class Schedule – 2021

LIANGONG

Beginning Liangong (Series One) – Pre-registration required:

Mondays - 6:30 to 7:20 pm, Sept. 13 to Dec. 20 (13 wks: no class 9/27, 10/11)

Series Two (for everyone who has completed Beginning Liangong):

Thursdays - 7 to 7:50 pm, Sept. 2 to Dec. 16 (13 wks: no class 9/30, 11/11, 11/25)

Series Three (for everyone has completed Liangong Series 2):

Not offered this session

Continuing Liangong (for everyone who has completed all 3 series):

Mondays - 5:30 to 6:20 pm, Aug. 2 to Dec. 20 (18wks: no class 9/6, 9/27, 10/11)

or

Tuesdays - 12 to 12:50 pm, Aug. 3 to Dec. 14 (19 wks; no class 9/28)

or

Thursdays - 9 to 9:50 am, Aug. 5 to Dec. 16 (17 wks: no class 9/30, 11/11, 11/25)

OTHER CLASSES

Once-A-Month Saturday Fitness & 5 Animal Frolics

(\$15 minimum: all except \$5 for Scholarship Fund)

Third Saturday of the month - 10 to 11:30 am, drop-in

TAIJI

Beginning Taiji – Pre-registration required:

Thursdays – 6 to 6:50 pm, Sept. 2 to Dec. 16 (13 wks: no class 9/30, 11/11, 11/25)

Continuing Taiji 3 (for those working on the 8 Techniques form):

Tuesdays - 5:30 to 6:20 pm, Aug. 3 to Dec. 14 (19 wks; no class 9/28)

Continuing Taiji 2 (for those working on the short form):

Tuesdays - 6:30 to 7:20 pm, Aug. 3 to Dec. 14 (19 wks; no class 9/28)

Continuing Taiji 1 (for those working on the long form*):

Thursdays - 5 to 5:50 pm, Aug. 5 to Dec. 16 (17 wks: no class 9/30, 11/11, 11/25)

Taiji Weapon & Bagua (Fan, Sword, Sun Taiji, Bagua – by permission):

Tuesdays - 1:00 to 2:30 pm, Aug. 3 to Dec. 14 (19 wks; no class 9/28 - \$345)

*Spring-Summer Continuing Taiji class on Thursdays at 6 stays at this time in August and moves to 5 pm on Sept. 2.

CLASS FEES: 13 weeks - \$160; 17 weeks - \$210; 18 weeks - \$220; 19 weeks - \$230; 20% off second class, the one with lower fee
(more info, including monthly & drop-in options, on website)