



CHINESE HEALING & MOVEMENT ARTS

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www.ChineseArts-Oly.com

Spring-Summer Class Schedule – 2021

LIANGONG

Beginning Liangong (Series One): Pre-registration required
Thursdays - 7:00 to 7:50 pm, Apr. 22 to July 22 (14 wks) - [studio/online](#)

Series Two (for everyone who has completed Beginning Liangong)
Not offered this session

Series Three (for everyone who has completed Series Two)
Not offered this session

Continuing Liangong (for everyone who has completed all 3 series)
Mondays - 5:30 to 6:20 pm, Apr. 19 to July 19 (12 wks: no class 5/31, 7/5)
- [studio/online](#) OR
Tuesdays - 12 to 12:50 pm, Apr. 20 to July 20 (14 wks)
- [studio/online](#) OR
Thursdays - 9 to 9:50 am, Apr. 22 to July 22 (14 wks)
- [studio/online](#)

OTHER CLASSES

Once-A-Month Saturday Fitness & 5 Animal Frolics – Scholarship Fund benefit: \$15 minimum, all for Scholarship Fund except \$5
Third Saturday of the month - 10 to 11:30 am - [studio/online](#)

CLASS FEES: 12 weeks - \$150; 14 weeks - \$170; 20% off second class (more info, including monthly & drop-in options, on website)

Events to Remember

World Taiji & Qigong Day – April 24, 9:30 am, Heritage Park (masks and physical distancing required)

TAIJI

Beginning Taiji (for those currently in this class begun in Sept., 2020)
Tuesdays - 5:30 to 6:20 pm, Apr. 20 to July 20 (14 wks) - [studio/online](#)

Continuing Taiji 3 (for those working on the short form)
Tuesdays - 6:30 to 7:20 pm, Apr. 20 to July 20 (14 wks) - [studio/online](#)

Continuing Taiji 2 (for those working on the long form)
Thursdays - 6 to 6:50 pm, Apr. 22 to July 22 (14 wks) - [studio only](#)

Continuing Taiji 1 (for those continuing work on the long form)
Thursdays - 5 to 5:50 pm, Apr. 22 to July 22 (14 wks) - [studio \(online?\)](#)

Taiji Weapon & Bagua (Fan, Sword, Sun Taiji, Bagua - by permission)
Tuesdays - 1 to 2:30 pm, Apr. 20 to July 20 (14 wks - \$255) - [studio/online](#)