



CHINESE HEALING & MOVEMENT ARTS

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www.ChineseArts-Oly.com

Fall Class Schedule – 2022

LIANGONG

Beginning Liangong (Series One): Pre-registration required

Tuesdays - 6:30 to 7:20 pm, Sept 13 to Dec 20 (14 wks: no class 10/4)

Series Two (for everyone who has completed Beginning Liangong)

Thursdays - 7 to 7:50 pm, Sept 15 to Dec 22 (13 wks: no class 10/6, 11/24)

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, Sept 12 to Dec 19 (13 wks: no class 10/3, 10/10)

OR

Tuesdays - 12 to 12:50 pm, Sept 13 to Dec 20 (14 wks: no class 10/4)

OR

Thursdays - 9 to 9:50 am, Sept 15 to Dec 22 (13 wks: no class 10/6, 11/24)

TAIJI

Beginning Taiji

Mondays - 6:30 to 7:20 pm, Sept 12 to Dec 19 (13 wks: no class 10/3, 10/10)

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

Thursdays - 6 to 6:50 pm, Sept 15 to Dec 22 (13 wks: no class 10/6, 11/24)

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

Tuesdays - 5:30 to 6:20 pm, Sept 13 to Dec 20 (14 wks: no class 10/4)

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

Thursdays - 5 to 5:50 pm, Sept 15 to Dec 22 (13 wks: no class 10/6, 11/24)

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

Tuesdays - 1 to 2:30 pm, Sept 13 to Dec 20 (14 wks: no class 10/4; \$270)

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

CLASS FEES: 13 weeks - \$170, 14 weeks - \$180;

If using PayPal/Venmo Goods & Services - add \$5.50, \$10 for 2+ classes

20% off second class (add'l classes no charge); More info, including monthly & drop-in options, on website