



CHINESE HEALING & MOVEMENT ARTS

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www.ChineseArts-Oly.com

Winter Class Schedule – 2025

LIANGONG

Beginning Liangong (Series One): Pre-registration required
Tuesdays - 6:30 to 7:20 pm, Jan. 7 to Apr. 22 (15 wks: no class 4/1)

Series Two (for everyone who has completed Beginning Liangong)
Tuesdays - 5:30 to 6:20 pm, Jan. 7 to Apr. 22 (15 wks: no class 4/1)

Series Three (for everyone who has completed Series Two)
Thursdays - 7 to 7:50 pm, Jan. 9 to Apr. 24 (14 wks: no class 3/13, 4/3)

Continuing Liangong (for everyone who has completed all 3 series)
Mondays - 5:30 to 6:20 pm, Jan. 6-April 21 (12 wks: no class 1/20,2/17,3/31,4/7)
or
Tuesdays - 12 to 12:50 pm, Jan. 7 to Apr. 22 (15 wks: no class 4/1)
or
Thursdays - 9 to 9:50 am, Jan. 9 to Apr. 24 (14 wks: no class 3/13, 4/3)

OTHER CLASSES

Once-A-Month Saturday Fitness & Ba Duan Jin (8 Treasures) or 5 Animal Frolics – Scholarship Fund benefit: \$15 minimum, goes to Scholarship Fund except \$5, Third Saturday of the month - 10 to 11:30 am

CLASS FEES: 12 weeks - \$160; 14 weeks - \$180, 15 weeks - \$190

If using PayPal or Venmo Goods & Services – add \$6/class to cover fees charged to CH&MA
20% off second class (more info, including monthly & drop-in options, on website)

TAIJI

Beginning Taiji: Not offered this session

Continuing Taiji 3 (for those working on the 8 Techniques form):
Thursdays - 6 to 6:50 pm, Jan. 9 to Apr. 24 (14 wks: no class 3/13, 4/3)

Continuing Taiji 2 (for those working on the short form)
Mondays – 6:30 to 7:20 pm, Jan. 6 to April 21
(12 wks: no class 1/20, 2/17, 3/31, 4/7)

Continuing Taiji 1 (for those continuing work on the long form)
Thursdays - 5 to 5:50 pm, Jan. 9 to Apr. 24 (14 wks: no class 3/13, 4/3)

Taiji Weapon & Bagua (Fan, Sword, Sun Taiji, Bagua – by permission)
Tuesdays - 1 to 2:30 pm, Jan. 7 to Apr. 22 (15 wks: no class 4/1 - \$285)

SPECIAL EVENTS:

Lunar New Year Celebration – All current students and family are welcome, details on studio bulletin board and announced during classes
World Taiji & Qigong Day – Sat., April 26, everyone welcome, Marathon Park, meet at 9:30 am, start at 10 am, details on the website