

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
8am				Restorative/Beginner Tai Chi/Chi Kung with Miriam		Beginner Tai Chi/Chi Kung with John	
9am		Monday 9AM Beginner II Tai Chi/Chi Kung with			(Pause) Revisiting the Essentials (Julio) 7007 Moeser Lane, El	Intermediate Tai Chi/ Chi Kung with Miriam	Tai Chi Chuan Foundations (and Tea) https://us02web.zoom.us/j/5225730006?pwd=RVNqVHAwNDI0THBuWVI2ZHFVRUg
10am		Intermediate Tai Chi/Chi Kung with John					
11am		Restorative/Beginner Tai Chi/Chi Kung with John					
12pm							
1pm					Restorative/Beginner Tai Chi/Chi Kung with Peter		
2pm							
3pm							
4pm			Outdoors: Beginner II Tai Chi Chuan with Kitty (every other				
5pm		Advanced Tai Chi/Chi Kung https://us02web.zoom.us/j/87469912764?pwd=V1E2NlYxMwID 5pm - 6:30pm	Intermediate Tai Chi Chuan (Patrick) https://us02web.	Beginner Tai Chi Chuan with Patrick https://us02web.	Outdoors: Intermediate Tai Chi with Margaret 5pm - 6:15pm		
6pm							
7pm							