

JI HONG TAI CHI 蔡宏右極藝學院

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Richmond Hill WINTER Schedule (February 7 – April 24)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|---|---|---|------------------------------|
| | | 11:00 AM Wu Advance 吳式深造班 | | 11:00 AM Yang 2 楊二 | | |
| | | 12:00 PM Yang Advance 楊式深造班 | | 12:00 PM Qi Gong Health 健身氣功 | | |
| | | 1:00 PM Chen 1 st /2 nd Routine Advance 陳式一、二路深造班 | | 1:00 PM Yang 1 楊一 | 1:00 PM Chen 2 陳二 | 1:00 PM Wu 1 吳一 |
| | | | | | 2:00 PM Wu Advance 吳式深造班 | |
| | | | | | 3:00 PM Yang Advance 楊式深造班 | |
| | | | | | 4:00 PM Chen Advance 陳式深造班 | |
| 7:00 PM Yang 3 楊三 | 7:00 PM Qi Gong Health 健身氣功 | 7:00 PM Competition Sword 比賽劍 | 7:00 PM Yang 2 楊二 | | | |
| 8:00 PM Yang 1 楊一 | 8:00 PM Hao 1 武一 | 8:00 PM Conditioning 練功班 | 8:00 PM Chen Advance 陳式深造班 | | | |
| 9:00 PM Yang Advance 楊式深造班 | 9:00 PM Hao Advance 武式深造班 | | | | | |

NOTE:

- All classes are 50 minutes in duration and will be live-streamed. Students can choose to attend the class IN-PERSON or VIRTUALLY.
- Students enrolled in the Qi Gong Health course can attend all available Qi Gong Health classes for the week.
- The school reserves the right to cancel, change or postpone a course due to low enrolment or other factors.