

## **Tai Chi schedule for a season 2015/2016:**

### **Monday:**

- 5.15 p.m.** - Advanced Group
- 6.30 p.m.** - Tai Chi Staff and Saber (Advanced Group)
- 7.45 p.m.** - Pushing Hands (Exam Group)
- 9.00 p.m.** - Centering and Martial Applications (Exam Group)

### **Tuesday:**

- 5.15 p.m.** - Advanced Group
- 6.30 p.m.** - Intermediates level II
- 7.45 p.m.** - Intermediates level I
- 9.00 p.m.** - Beginners

### **Wednesday:**

- 11.00 a.m.** - Advanced Group
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- 5.15 p.m.** - Tai Chi Sequence (Exam Group)
- 6.30 p.m.** - Set Sparring, Martial Applications (Exam Group)
- 7.45 p.m.** - Tai Chi Staff (Advanced Group - new)
- 9.00 p.m.** - Advanced Group

### **Thursday:**

- 11.30 a.m.** - Beginners
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- 5.15 p.m.** - Beginners
- 6.30 p.m.** - Intermediates level I
- 7.45 p.m.** - Intermediates level II
- 9.00 p.m.** - Advanced Group

### **Friday:**

- 5.15 p.m.** - Tai Chi Staff and Saber (Beginners)
- 6.30 p.m.** - Pushing Hands (Beginners)
- 7.45 p.m.** - Tai Chi Ball (Beginners)
- 9.00 p.m.** - Tai Chi Ball (Advanced)