



Summit Tai Ji Academy (STA) Class Schedule — January 2020

Office: 303-284-4522		Cell: 720-276-0596	www.SummitTAJJI.com		Saturday 1/4
Qi Gong Class: Wednesday Yang Family TJQ Forms: Saturday TJQ Weapon Forms: Saturday Wǔ Family TJQ Forms: Monday TJQ Tui Shou (Push Hands): Wednesday Self Defense: Monday, Saturday		Wednesday			7:30 - 8:15 am TJQ and Sword
		Saturday			8:15 - 9:00 am TJQ Self Defense
		Wednesday			2:15 - 3:15 pm Yang Family TJQ
Monday 1/6	Tuesday 1/7	Wednesday 1/8	Thursday 1/9	Friday 1/10	Saturday 1/11
6:45 - 7:30 pm Wǔ Family TJQ		6:45 - 7:30 pm Qi Gong			7:30 - 8:15 am TJQ and Sword
7:30 - 8:15 pm Self Defense		7:30 - 8:15 pm TJQ Push Hands			8:15 - 9:00 am Self Defense
					2:15 - 3:15 pm Yang Family TJQ
Monday 1/13	Tuesday 1/14	Wednesday 1/15	Thursday 1/16	Friday 1/17	Saturday 1/18
6:45 - 7:30 pm Wǔ Family TJQ		6:45 - 7:30 pm Qi Gong			7:30 - 8:15 am TJQ and Sword
7:30 - 8:15 pm Self Defense		7:30 - 8:15 pm TJQ Push Hands			8:15 - 9:00 am Self Defense
					2:15 - 3:15 pm Yang Family TJQ
Monday 1/20	Tuesday 1/21	Wednesday 1/22	Thursday 1/23	Friday 1/24	Saturday 1/25
6:45 - 7:30 pm Wǔ Family TJQ		6:45 - 7:30 pm Qi Gong			7:30 - 8:15 am TJQ and Sword
7:30 - 8:15 pm Self Defense		7:30 - 8:15 pm TJQ Push Hands			8:15 - 9:00 am Self Defense
					2:15 - 3:15 pm Yang Family TJQ
Monday 1/27	Tuesday 1/28	Wednesday 1/29	Thursday 1/30	Friday 1/31	
6:45 - 7:30 pm Wǔ Family TJQ		6:45 - 7:30 pm Qi Gong			
7:30 - 8:15 pm Self Defense		7:30 - 8:15 pm TJQ Push Hands			

Free trial for your first class!