



## Summit Tai Ji Academy (STA) Class Schedule — February 2020

Office: 303-284-4522		Cell: 720-276-0596	<a href="http://www.SummitTAJJI.com">www.SummitTAJJI.com</a>		Saturday 2/1	
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 Conditioning	
		Saturday			8:15 - 9:00 am Self Defense	
		Monday, Saturday			2:15 - 3:15 pm Yang Family TJQ	
Monday 2/3	Tuesday 2/4	Wednesday 2/5	Thursday 2/6	Friday 2/7	Saturday 2/8	
6:45 - 7:30 pm Wǔ Family TJQ			6:45 - 7:30 pm Qi Gong			7:30 - 8:15 am Conditioning
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 2/10	Tuesday 2/11	Wednesday 2/12	Thursday 2/13	Friday 2/14	Saturday 2/15	
6:45 - 7:30 pm Wǔ Family TJQ			6:45 - 7:30 pm Qi Gong			7:30 - 8:15 am Conditioning
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 2/17	Tuesday 2/18	Wednesday 2/19	Thursday 2/20	Friday 2/21	Saturday 2/22	
6:45 - 7:30 pm Wǔ Family TJQ			6:45 - 7:30 pm Qi Gong			7:30 - 8:15 am Conditioning
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 2/24	Tuesday 2/25	Wednesday 2/26	Thursday 2/27	Friday 2/28	Saturday 2/29	
6:45 - 7:30 pm Wǔ Family TJQ			6:45 - 7:30 pm Qi Gong			7:30 - 8:15 am Conditioning
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

**Free trial for your first class!**