**Twin Willows T’ai Chi Schedule**

**2022**

**Monday – Fit** (62 Rockford Road, Wilmington, DE 19806)

6:00-7:00PM All Form Levels (Beginners Welcome)

7:00-7:30PM Advanced Form / Fast Form

7:30-8:00PM Weapon Forms

8:00-9:00PM Push Hands

**Tuesday – Fit** (62 Rockford Road, Wilmington, DE 19806)

6:00-7:00PM All Form Levels (Beginners Welcome)

7:00-7:30PM Advanced Form / Fast Form

7:30-8:00PM Weapon Forms

8:00-9:00PM Special Forms

**Wednesday – Fit** (62 Rockford Road, Wilmington, DE 19806)

6:00-7:00PM All Form Levels (Beginners Welcome)

7:00-7:30PM Advanced Form / Fast Form

7:30-8:00PM Weapon Forms

8:00-9:00PM Push Hands

**Thursday – The Awareness Center**

6:00-7:00PM Taoist Meditation

**Saturday** **– Fit** (62 Rockford Road, Wilmington, DE 19806)

9:30-10:30AM All Form Levels (Beginners Welcome)

10:30-11:00AM Advanced Form / Fast Form

11:00-11:30AM Weapon Forms

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