

Twin Willows T'ai Chi Schedule

2025

Monday - AKS

6:00-7:00PM	Form (Beginners Welcome)
7:00-7:30PM	Advanced Form
7:30-8:00PM	T'ai Chi Weapons
8:00-9:00PM	2-Person T'ai Chi (San Shou, Ta Lu, Push Hands)

Tuesday - AKS

6:00-7:00PM	Form (Beginners Welcome)
7:00-7:30PM	Advanced Form
7:30-8:00PM	T'ai Chi Weapons
8:00-9:00PM	Special (Pa Kua, Hsing-I, Chin Na)

Wednesday - AKS

6:00-7:00PM	Form (Beginners Welcome)
7:00-7:30PM	Advanced Form
7:30-8:00PM	T'ai Chi Weapons
8:00-9:00PM	2-Person T'ai Chi (San Shou, Ta Lu, Push Hands)

Thursday - Zoom

6:00-7:00PM	Taoist Meditation
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Saturday – 101 Stone Tower

9:30-10:30AM	Form (Beginners Welcome)
10:30-11:00AM	Advanced Form
11:00-11:30AM	T'ai Chi Weapons
11:30-12:00PM	Special