

QiGong Institute of Healing & Wellness & Red Dragon Martial Arts ~ Fall Schedule 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM						
8:15 AM						
8:30 AM						
8:45 AM						
9:00 AM						Meditation
9:15 AM						
9:30 AM						QIGONG
9:45 AM						
10:00 AM	Tai Chi		QiGong			
10:15 AM	for		for			TAI CHI
10:30 AM	Seniors	Canada /	Seniors			
10:45 AM	(Senior Rate)	Training	(Senior Rate)			
11:00 AM						Kids
11:15 AM						
11:30 AM						
11:45 AM						OPEN KARATE
12:00 PM	QIGONG		Seminar	QIGONG		
12:15 PM	24 Posture		Square One	24 Posture		Adults
12:30 PM			TAI CHI			
12:45 PM	Therapeutic QiGong		(8 weeks)	Therapeutic QiGong		
1:00 PM						
1:15 PM						
1:30 PM						
1:45 PM						
2:00 PM						
2:15 PM						
2:30 PM						
2:45 PM						
3:00 PM						
3:15 PM						
3:30 PM	ERIE DAY		TAI CHI		TAI CHI	
3:45 PM	SCHOOL					
4:00 PM	KARATE	LIL DRAGONS		LIL DRAGONS		
4:15 PM		3-7 yrs old		3-7 yrs old		
4:30 PM			RED DRAGONS		RED DRAGONS	
4:45 PM			7-12 yrs old		7-12 yrs old	
5:00 PM						
5:15 PM						
5:30 PM		Meditation	Seminar	Meditation		
5:45 PM	TAI CHI		Square One			
6:00 PM	St. Vincent	TAI CHI	TAI CHI	QIGONG		SPARRING
6:15 PM	Healthy U		(8 weeks)			
6:30 PM		QIGONG		TAI CHI		
6:45 PM						
7:00 PM						
7:15 PM	ADULT		ADULT			
7:30 PM	KARATE		KARATE			
7:45 PM						
8:00 PM						

Call about Private and
Small Group Classes
814.504.6285
www.qihw.com

*Prenatal
QiGong*

