

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

Call about Private and  
Small Group Classes

814.504.6285  
[www.qihw.com](http://www.qihw.com)