

QiGong Institute of Healing & Wellness

Red Dragon Martial Arts

Spring /Summer 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM						Meditation
9:15 AM						QIGONG
9:30 AM						
9:45 AM						TAI CHI
10:00 AM						
10:15 AM						OPEN KARATE Adults
10:30 AM						
10:45 AM						
11:00 AM						
11:15 AM						
11:30 AM						
11:45 AM						
12:00 PM	QIGONG			QIGONG		
12:15 PM						
12:30 PM						
12:45 PM						
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		TAI CHI			TAI CHI	
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM		KIDS KARATE		KIDS KARATE		
4:15 PM						
4:30 PM						
4:45 PM						
5:00 PM						
5:15 PM						
5:30 PM	TAI CHI @ St. Vincent	Meditation		Meditation		
5:45 PM						
6:00 PM		QIGONG		QIGONG		
6:15 PM						
6:30 PM		TAI CHI		TAI CHI		
6:45 PM						
7:00 PM	TEEN AND ADULT KARATE		TEEN AND ADULT KARATE			
7:15 PM						
7:30 PM						
7:45 PM						
8:30 PM						

Private Medical QiGong, Reiki, Quantum Touch sessions, and Lessons in QiGong and Tai Chi can be scheduled during open times.

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