


Bill Adams'
Martial Arts & Fitness Centers
 3211 Transit Road,
 Elma, New York 14059
 716-668-5004

Tai Chi Chuan

Fall/Winter Schedule

starts October 1st, 2011 thru May 1st, 2012



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Class Curriculum Winter '11 8 Form 12 Form 24 Form 48 Form 42 Form 108 Yang 16 Sword 32 Sword 42 Sword Broadsword Rainbow & Gongfu Fan Qi Gong Ba Gua Chen 19 2 person Forms	MORNINGS						
	9:45-10:30 am (a) Intros (b) Beginner 12 & 24 Form	10-10:50 a.m. EZ Tai Chi			9:45-10:30 am (a) Intros (b) Beginner 12 & 24 Form	8:30 - 9:30 a.m. Int & Advanced 2 x per month	
	10:30-11:30 Int & Adv. 24, 48, 42 & Qigong				10:30-11:30 Int & Adv. 24, 48, 42 & Qigong	ask for info	
	11:30-12:00 Sword 16 & 32				11:30-12:00 Sword 16 & 32		
EVENINGS							
	6:30-7:15 a) Intros (b) Beginner 12 & 24 Form		6:30-7:15 a) Intros (b) Beginner 12 & 24 Form	Open House TBD We will be closed for Friday of Thanksgiving Holiday Christmas we will close Monday after Christmas			
	7:00-8:00 Int & Adv. 48, 42 & 108 &Qigong		7:00-8:00 Int & Adv. 48, 42 & 108 &Qigong				
FUN, SAFE, GENTLE EXERCISE			8:00-8:30 Instructor's Class 1st & 3rd Week				
					