

Tai Chi USA Schedule of Classes

Masks are required for all indoor classes and recommended for outdoor classes.

Indoor classes require signing up, since we are required to keep safe distances.

All classes now require school monthly dues to be paid.

Sunday Morning

White Lotus Qigong Class (Online)

Time: 11:00 AM ET

Instructor: Bobbi

Location: ONLINE

Join Zoom Meeting

<https://us02web.zoom.us/j/88683047006?pwd=ellweGIDVEo3Rm1kRnoyU1VSbVJmQT09>

Meeting ID: 886 8304 7006

Passcode: taichi

Monday Morning

Tai Chi and Pine Tree (Indoors)

Time: 10:00 AM ET

Instructor: Fran

Location: PINK FLOOR

Sign up: Maximum of 6 Students: [Sign Up Sheet](#)

Tai Chi and Pine Tree (Online)

Time: 10:00 AM ET

Instructor: Pam

Location: ONLINE

This is a normal morning class. We will do the Pine tree exercises and the Twelve. Plus one paragraph of the long form depending on time and attendance.

Join Zoom Meeting

<https://us02web.zoom.us/j/88683047006?pwd=ellweGIDVEo3Rm1kRnoyU1VSbVJmQT09>

Meeting ID: 886 8304 7006

Passcode: taichi

Monday Evening

Tai Chi and Pine Tree (Indoors)

Time: 7:00 PM ET

Instructor: Erik

Location: PINK FLOOR

Sign up: Maximum of 6 Students: [Sign Up Sheet](#)

Tuesday Morning

Tai Chi (Indoors)

Time: 10:00 AM ET

Instructor: Shirley

Location: PINK FLOOR

Sign up: Maximum of 4 Students: [Sign Up Sheet](#)

Eight Treasures Qigong (Online)

Time: 10:00 AM ET

Instructor: Bobbi

Location: ONLINE

Join Zoom Meeting

<https://us02web.zoom.us/j/88683047006?pwd=ellweGIDVEo3Rm1kRnoyU1VSbVJmQT09>

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Passcode: taichi

Tuesday Evening

Open Practice (Indoors)

Time: 7:00 PM ET

Location: PINK FLOOR

Tai Chi and Pine Tree (Indoors)

Time: 08:00 PM ET

Instructor: Bas

Location: PINK FLOOR

Sign up: Maximum of 5 Students: [Sign Up Sheet](#)

Wednesday Morning

Tai Chi Long Form (Online)

Time: 10:00 AM ET

Instructor: Cheryl

Location: ONLINE

Join Zoom Meeting

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Wednesday Evening

Tai Chi Weapons

Time: 7:00 PM ET

Instructor: Roy

Location: PINK FLOOR

Open to students who have previously studied the Long Form.

Thursday Morning

Pine Tree and Tai Chi (Indoor/Online)

Time: 10:00 AM ET

Instructor: Pam

Location: PINK FLOOR and ONLINE

We will do the pine Tree exercises and some form depending on attendance.

Join Zoom Meeting

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Thursday Evening

Tai Chi Applied Philosophy (Online)

Time: 06:00 PM ET

Instructor: Cat

Location: ONLINE

Developing life skills based on Tai Chi Principles.

Join Zoom Meeting

<https://us02web.zoom.us/j/89519855961?pwd=RHZocFBYMTIyenJUTjdWVGZXd09zd09>

Meeting ID: 895 1985 5961

Passcode: taichi

Tai Chi and Pine Tree (Indoors)

Time: 7:00 PM ET

Instructor: Erik

Location: PINK FLOOR

Sign up: Maximum of 6 Students: [Sign Up Sheet](#)

Friday Morning

Tai Chi and Pine Tree (Indoors)

Time: 10:00 AM ET

Instructor: Fran

Location: PINK FLOOR

Sign up: Maximum of 5 Students: [Sign Up Sheet](#)

Tai Chi and Pine Tree (Online)

Time: 10:00 AM ET

Instructor: Pam

Location: ONLINE

This is a normal morning class. We will do the Pine tree exercises and the Twelve. Plus one paragraph of the long form depending on time and attendance.

Join Zoom Meeting

<https://us02web.zoom.us/j/88683047006?pwd=ellweGIDVEo3Rm1kRnoyU1VSbVJmQT09>

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Saturday Morning

Tai Chi and Pine Tree (Online)

Time: 10:00 AM ET

Instructor: Alex

Location: ONLINE

“Hug a tree” meditation, Pine Tree (stretching) and Tai Chi 103 long form. Focus on energy and applications.

Join Zoom Meeting

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Meeting ID: 886 8304 7006

Passcode: taichi