

Lake Norman Tai Chi Center Class Schedule

* For Tai Chi Trial Program Members Classes end 30 minutes earlier

	MON	TUE	WED	THU	FRI	SAT	SUN
9 AM :15 :30 :45						Meditation	
10 AM :15 :30 :45						Tai Chi*	
11 AM :15 :30 :45						Yoga	
12 PM :15 :30 :45							
6 PM :15 :30 :45	Yoga						
7 PM :15 :30 :45	Tai Chi*	Tai Chi*					
8 PM :15 :30 :45	Tai Chi*	Meditation	Tai Chi*				
9 PM							