

October 2023

September '23							November '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2				1	2	3	4
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Woodstock Review Session 9:00-12:00	Open Practice 8:00-9:00	Tai Chi Short Form 8:00-9:00		Qigong Practice 8:30-9:00	Open Practice 8:00-9:00	Adult Aikido 9:00-10:00
	Tai Chi Short Form 10:30-11:30	Tai Chi Long Form 9:00-10:00		Tai Chi Short Form 9:00-10:00	Tai Chi Short Form 9:00-10:00	
		Wudang Kung Fu 10:00-11:00	Tai Chi Short Form 10:30-11:30	Tai Chi Long Form 10:00-11:00	Tai Chi Long Form 10:00-11:00	
		Open Practice 11:00-12:00			Tournament Prep 11:00-12:00	
Kids Aikido 1:00-2:00 Adult Aikido 2:00-3:00	Tai Chi Short Form 5:30-6:30	Tai Chi Short Form 5:30-6:30	Kids Aikido 4:30-5:30	Tai Chi Short Form 5:00-6:00	Kids Aikido 4:30-5:30	
	Tai Chi Long Form 6:30-8:00	Tai Chi Long Form 6:30-7:30	Martial Movement 6:00-7:00	Tai Chi Long Form 6:00-7:00	Aikido Open Mat 5:30-6:00	
			Adult Aikido 7:30-8:30		Adult Aikido 6:00-7:00	
8	9	10	11	12	13	14
	Mar. Mov. Weapons 8:00-9:00	Tai Chi Short Form 8:00-9:00		Qigong Practice 8:30-9:00	Martial Movement 8:00-9:00	Adult Aikido 9:00-10:00
	Tai Chi Short Form 10:30-11:30	Tai Chi Long Form 9:00-10:00	Tai Chi Short Form 10:30-11:30	Tai Chi Short Form 9:00-10:00	Tai Chi Short Form 9:00-10:00	NSIMC Seminar 10:30-1:00
		Wudang Kung Fu 10:00-11:00		Tai Chi Long Form 10:00-11:00	Tai Chi Long Form 10:00-11:00	Abiding in Mindfulness
		Open Practice 11:00-12:00			Tournament Prep 11:00-12:00	
Kids Aikido 1:00-2:00 Adult Aikido 2:00-3:00	Tai Chi Short Form 5:30-6:30	Tai Chi Short Form 5:30-6:30	Kids Aikido 4:30-5:30	Tai Chi Short Form 5:00-6:00	Kids Aikido 4:30-5:30	
	Tai Chi Long Form 6:30-8:00	Tai Chi Long Form 6:30-7:30	Martial Movement 6:00-7:00	Tai Chi Long Form 6:00-7:00	Aikido Open Mat 5:30-6:00	
			Adult Aikido 7:30-8:30		Adult Aikido 6:00-7:00	
15	16	17	18	19	20	21
	Mar. Mov. Weapons 8:00-9:00	Tai Chi Short Form 8:00-9:00		Qigong Practice 8:30-9:00	Martial Movement 8:00-9:00	Adult Aikido 9:00-10:00
Seminar 10:00-12:00 Yin Style Baguazhang	Tai Chi Short Form 10:30-11:30	Tai Chi Long Form 9:00-10:00	Tai Chi Short Form 10:30-11:30	Tai Chi Short Form 9:00-10:00	Tai Chi Short Form 9:00-10:00	
		Wudang Kung Fu 10:00-11:00		Tai Chi Long Form 10:00-11:00	Tai Chi Long Form 10:00-11:00	
		Open Practice 11:00-12:00			Tournament Prep 11:00-12:00	
Kids Aikido 1:00-2:00 Adult Aikido 2:00-3:00	Tai Chi Short Form 5:30-6:30	Tai Chi Short Form 5:30-6:30	Kids Aikido 4:30-5:30	Tai Chi Short Form 5:00-6:00	Kids Aikido 4:30-5:30	
	Tai Chi Long Form 6:30-8:00	Tai Chi Long Form 6:30-7:30	Martial Movement 6:00-7:00	Tai Chi Long Form 6:00-7:00	Aikido Open Mat 5:30-6:00	
			Adult Aikido 7:30-8:30		Adult Aikido 6:00-7:00	
22	23	24	25	26	27	28
	Mar. Mov. Weapons 8:00-9:00	Tai Chi Short Form 8:00-9:00		Qigong Practice 8:30-9:00	Martial Movement 8:00-9:00	Adult Aikido 9:00-10:00
Seminar 10:30-12:00 Medical Qigong	Tai Chi Short Form 10:30-11:30	Tai Chi Long Form 9:00-10:00	Tai Chi Short Form 10:30-11:30	Tai Chi Short Form 9:00-10:00	Tai Chi Short Form 9:00-10:00	NSIMC Seminar 10:30-1:00
		Wudang Kung Fu 10:00-11:00		Tai Chi Long Form 10:00-11:00	Tai Chi Long Form 10:00-11:00	Morning of Insight Meditation
		Open Practice 11:00-12:00			Tournament Prep 11:00-12:00	
Kids Aikido 1:00-2:00 Adult Aikido 2:00-3:00	Tai Chi Short Form 5:30-6:30	Tai Chi Short Form 5:30-6:30	Kids Aikido 4:30-5:30	Tai Chi Short Form 5:00-6:00	Kids Aikido 4:30-5:30	
	Tai Chi Long Form 6:30-8:00	Tai Chi Long Form 6:30-7:30	Martial Movement 6:00-7:00	Tai Chi Long Form 6:00-7:00	Aikido Open Mat 5:30-6:00	
			Adult Aikido 7:30-8:30		Adult Aikido 6:00-7:00	
29	30	31	1	2	3	4
	Mar. Mov. Weapons 8:00-9:00	Tai Chi Short Form 8:00-9:00		Qigong Practice 8:30-9:00	Martial Movement 8:00-9:00	Adult Aikido 9:00-10:00
Seminar 10:00-12:00 Long Form Refinements	Tai Chi Short Form 10:30-11:30	Tai Chi Long Form 9:00-10:00	Tai Chi Short Form 10:30-11:30	Tai Chi Short Form 9:00-10:00	Tai Chi Short Form 9:00-10:00	
		Wudang Kung Fu 10:00-11:00		Tai Chi Long Form 10:00-11:00	Tai Chi Long Form 10:00-11:00	
		Open Practice 11:00-12:00			Tournament Prep 11:00-12:00	
Kids Aikido 1:00-2:00 Adult Aikido 2:00-3:00	Tai Chi Short Form 5:30-6:30	Tai Chi Short Form 5:30-6:30	Kids Aikido 4:30-5:30	Tai Chi Short Form 5:00-6:00	Kids Aikido 4:30-5:30	
	Tai Chi Long Form 6:30-8:00	Tai Chi Long Form 6:30-7:30	Martial Movement 6:00-7:00	Tai Chi Long Form 6:00-7:00	Aikido Open Mat 5:30-6:00	
			Adult Aikido 7:30-8:30		Adult Aikido 6:00-7:00	