

December 2023

November '23							January '24										
S	M	T	W	T	F	S	S	M	T	W	T	F	S				
				1	2	3	4					1	2	3	4	5	6
5	6	7	8	9	10	11	7	8	9	10	11	12	13				
12	13	14	15	16	17	18	14	15	16	17	18	19	20				
19	20	21	22	23	24	25	21	22	23	24	25	26	27				
26	27	28	29	30			28	29	30	31							

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
		Tai Chi Short Form 8:00-9:00		Qigong Practice 8:30-9:00	Tai Chi Short Form 9:00-10:00	Adult Aikido 9:00-10:00
	Tai Chi Short Form 10:30-11:30	Tai Chi Long Form 9:00-10:00	Tai Chi Saber 9:30-10:30	Tai Chi Short Form 9:00-10:00	Tai Chi Long Form 10:00-11:00	NSIMC Seminar 10:30-1:00
		Wudang Kung Fu 10:00-11:00	Tai Chi Short Form 10:30-11:30	Tai Chi Long Form 10:00-11:00		Morning of Insight Meditation
		Open Practice 11:00-12:00				
Kids Aikido 1:00-2:00	Tai Chi Short Form 5:30-6:30	Tai Chi for Beginners 5:30-6:30	Kids Aikido 4:30-5:30	Tai Chi Short Form 5:00-6:00	Kids Aikido 4:30-5:30	Seminar 2:00-4:00
Adult Aikido 2:00-3:00	Tai Chi Long Form 6:30-8:00	Tai Chi Long Form 6:30-7:30	Adult Aikido 7:30-8:30	Tai Chi Long Form 6:00-7:00	Aikido Open Mat 5:30-6:00	Short Form Refinements
					Adult Aikido 6:00-7:00	
3	4	5	6	7	8	9
		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 Saber 9:30-10:30	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 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				
Kids Aikido 1:00-2:00	Tai Chi Short Form 5:30-6:30	Tai Chi for Beginners 5:30-6:30	Kids Aikido 4:30-5:30	Tai Chi Short Form 5:00-6:00	Kids Aikido 4:30-5:30	
Adult Aikido 2:00-3:00	Tai Chi Long Form 6:30-8:00	Tai Chi Long Form 6:30-7:30	Adult Aikido 7:30-8:30	Tai Chi Long Form 6:00-7:00	Aikido Open Mat 5:30-6:00	
					Adult Aikido 6:00-7:00	
		Iaido 7:45-9:45				
10	11	12	13	14	15	16
	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 Long Form 9:00-10:00	Tai Chi Saber 9:30-10:30	Tai Chi Short Form 9:00-10:00	Tai Chi Short Form 9:00-10:00	
	Tai Chi Short Form 10:30-11:30	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				
Kids Aikido 1:00-2:00	Tai Chi Short Form 5:30-6:30	Tai Chi for Beginners 5:30-6:30	Kids Aikido 4:30-5:30	Tai Chi Short Form 5:00-6:00	Kids Aikido 4:30-5:30	
Adult Aikido 2:00-3:00	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	
		Iaido 7:45-9:45				
17	18	19	20	21	22	23
	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 Long Form 9:00-10:00	Tai Chi Saber 9:30-10:30	Tai Chi Short Form 9:00-10:00	Tai Chi Short Form 9:00-10:00	
	Tai Chi Short Form 10:30-11:30	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				
Kids Aikido 1:00-2:00	Tai Chi Short Form 5:30-6:30	Tai Chi for Beginners 5:30-6:30	Kids Aikido 4:30-5:30	Tai Chi Short Form 5:00-6:00	Kids Aikido 4:30-5:30	
Adult Aikido 2:00-3:00	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	
		Iaido 7:45-9:45				
24	25	26	27	28	29	30
	MERRY CHRISTMAS!! 	Holiday Pop Up with Pam		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 Short Form 9:00-10:00	Tai Chi Short Form 9:00-10:00	
				Tai Chi Long Form 10:00-11:00	Tai Chi Long Form 10:00-11:00	
			Kids Aikido 4:30-5:30	Tai Chi Short Form 5:00-6:00	Kids Aikido 4:30-5:30	
			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	
		Iaido 7:45-9:45				