November 2026

October '26

S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

December '26

S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Qigong 9:00-9:45 Tournament Prep 10:30-11:30 Tournament Showcase 12:00-1:30 IAIDO 4:00-5:30	**2** Deep Stretch 45 9:45-10:30 Tai Chi Short Form 11:00-12:00 Daoism Study Group 4:15-5:15 Tai Chi Short Form 5:30-6:30 Tai Chi Long Form 6:30-7:30	**3** Tai Chi Short Form 8:00-9:00 Tai Chi Long Form 9:00-10:00 Wudang Kung Fu 10:00-11:00 Open Practice 11:00-12:00 Intro to Tai Chi 5:30-6:30 IAIDO 7:45-9:15	**4** Tai Chi Short Form 10:30-11:30 Gentle Flow Yoga 4:30-5:30 Tai Chi Short Form 6:00-7:00	**5** Silent Form Practice 8:30-8:55 Tai Chi Short Form 9:00-10:00 Tai Chi Long Form 10:00-11:00 Tai Chi Short Form 5:00-6:00 Tai Chi Long Form 6:00-7:00 Open Practice 7:00-7:30	**6** Tai Chi Short Form 9:00-10:00 Tai Chi Long Form 10:00-11:00	**7** Open Practice 8:00-9:00 Tai Chi Short Form 9:00-10:00
8 Chinese Martial Arts Autumn Invitational IAIDO 4:00-5:30	**9** Deep Stretch 45 9:45-10:30 Tai Chi Short Form 11:00-12:00 Daoism Study Group 4:15-5:15 Tai Chi Short Form 5:30-6:30 Tai Chi Long Form 6:30-7:30	**10** Tai Chi Short Form 8:00-9:00 Tai Chi Long Form 9:00-10:00 Wudang Kung Fu 10:00-11:00 Open Practice 11:00-12:00 Reiki Practice 5:30 IAIDO 7:45-9:15	**11** Tai Chi Short Form 10:30-11:30 Gentle Flow Yoga 4:30-5:30 Tai Chi Short Form 6:00-7:00	**12** Tai Chi Short Form 9:00-10:00 Tai Chi Long Form 10:00-11:00 Tai Chi Short Form 5:00-6:00 Tai Chi Long Form 6:00-7:00 Open Practice 7:00-7:30	**13** Tai Chi Short Form 9:00-10:00 Tai Chi Long Form 10:00-11:00	**14** Open Practice 8:00-9:00 Tai Chi Short Form 9:00-10:00 Seminar 10:30-1:00 NSIMC
15 Qigong 9:00-9:45 IAIDO 4:00-5:30	**16** Deep Stretch 45 9:45-10:30 Tai Chi Short Form 11:00-12:00 Daoism Study Group 4:15-5:15 Tai Chi Short Form 5:30-6:30 Tai Chi Long Form 6:30-7:30	**17** Tai Chi Short Form 8:00-9:00 Tai Chi Long Form 9:00-10:00 Wudang Kung Fu 10:00-11:00 Open Practice 11:00-12:00 IAIDO 7:45-9:15	**18** Tai Chi Short Form 10:30-11:30 Gentle Flow Yoga 4:30-5:30 Tai Chi Short Form 6:00-7:00	**19** Tai Chi Short Form 9:00-10:00 Tai Chi Long Form 10:00-11:00 Tai Chi Short Form 5:00-6:00 Tai Chi Long Form 6:00-7:00 Open Practice 7:00-7:30	**20** Tai Chi Short Form 9:00-10:00 Tai Chi Long Form 10:00-11:00	**21** Open Practice 8:00-9:00 Tai Chi Short Form 9:00-10:00 Seminar Series 10:30-12:00 Matching Set
22 Qigong 9:00-9:45 Seminar 10:00-12:00 Tai Chi Fan IAIDO 4:00-5:30	**23** Deep Stretch 45 9:45-10:30 Tai Chi Short Form 11:00-12:00 Daoism Study Group 4:15-5:15 Tai Chi Short Form 5:30-6:30 Tai Chi Long Form 6:30-7:30	**24** Tai Chi Short Form 8:00-9:00 Tai Chi Long Form 9:00-10:00 Wudang Kung Fu 10:00-11:00 Open Practice 11:00-12:00 IAIDO 7:45-9:15	**25** Tai Chi Short Form 10:30-11:30	**26** Pop up with Pam 9:00-10:00 HAPPY THANKSGIVING!! 	**27** Intro to Tai Chi 10:00-10:55 Intro to Qigong 11:00-11:55 Intro to Tai Chi 12:00-12:55	**28** Open Practice 8:00-9:00 Tai Chi Short Form 9:00-10:00 Seminar 6:00-8:00 Reiki Movement and Meditation
29 Qigong 9:00-9:45 IAIDO 4:00-5:30	**30** Deep Stretch 45 9:45-10:30 Tai Chi Short Form 10:00-11:00 Daoism Study Group 4:15-5:15 Tai Chi Short Form 5:30-6:30 Tai Chi Long Form 6:30-7:30	**1** Tai Chi Short Form 8:00-9:00 Tai Chi Long Form 9:00-10:00 Wudang Kung Fu 10:00-11:00 Open Practice 11:00-12:00 Tai Chi Long Form 6:30-7:30 IAIDO 7:45-9:15	**2** Tai Chi Short Form 10:30-11:30	**3** Tai Chi Short Form 9:00-10:00 Tai Chi Long Form 10:00-11:00 Tai Chi Short Form 5:00-6:00 Tai Chi Long Form 6:00-7:00 Open Practice 7:00-7:30	**4** Tai Chi Short Form 9:00-10:00 Tai Chi Long Form 10:00-11:00	**5** Open Practice 8:00-9:00 Tai Chi Short Form 9:00-10:00 Seminar Series 10:30-12:00 Matching Set
6	**7**	Notes				