



Chicago Tai Chi®

Fall 2026 Class Schedule

Our Fall Session **starts October 13, 2026** and **ends December 19, 2026**

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY*
Dragon & Tiger Qigong Level 1 11 - 11:45 am CT	Tai Chi for Balance Level 1 10 - 10:45 am CT	Tai Chi for Balance Level 2 10 - 10:45 am CT	Tai Chi Long Form 1 11 - 11:45 am CT	Morning Qigong (All levels) 9 - 9:45 am CT
Gods Playing in the Clouds Qigong Level 1 Noon - 12:45 pm CT	Dragon & Tiger Qigong Level 2 11 - 11:45 am CT	Tai Chi Short Form 2 11 - 11:45 am CT	Tai Chi Long Form 2 Noon - 1:00 pm CT	Tai Chi Short Form Practice (All levels) 9:45 - 10:30 am CT
Evening Tai Chi (All levels) 5:30 - 6:15 pm CT		Evening Qigong (All levels) 5:30 - 6:15 pm CT		Intro to Taoist Meditation (All levels) 10:30 - 11 am CT
				Tai Chi for Balance Practice Class 11 - 11:30 am CT

***Saturday classes held the first 3 Saturdays of each month; no classes on the last Saturday of each month.**

All classes available online via Zoom and in-person at our Chicago Loop Studio, 180 West Washington Street, Suite 900.