

# Qi Gong

Sundays,  
10:00 – 11:00 a.m.



## Series 4

April 8 – June 16, 2018

### April

8 : Qi Gong

15: 3D Workout™

22: No class today

29: 3D Workout™

### May

6 : Qi Gong

13: Qi Gong

20: Qi Gong

27: Qi Gong

### June

3 : 3D Workout™

10: Qi Gong

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