

Tai Chi for Spring Semester 2024

Times: 8:45 – 09:45 AM OR 10:00 – 11:00 AM

Director: Dr. Jan M. Hondzinski (225) 578-9144; jhondz1@lsu.edu

Instructor: Taylor Gauss; tgauss1@lsu.edu

Cost: \$45/person | Program fee for the semester | \$80/2 people who carpool everyday

University United Methodist Church

in Fellowship Hall

3350 Dalrymple Drive
Baton Rouge, LA 70802
(225) 344-0343; universitymethodist.org

******* NOTE: The schedule below is subject to change for unforeseeable weather events and church events. We'll try to give 48 hours notice when possible.**



<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u>Martin Luther King Holiday</u>		Jan 16	17-Tai Chi	18	19 Tai Chi	20
21	22-Tai Chi	23	24-Tai Chi	25	26-Tai Chi	27
28	29-Tai Chi	30	31-Tai Chi	Feb 1	2-Tai Chi	3
4	5-Tai Chi	6	7-Tai Chi	8	9-Tai Chi	10
11	12 Mardi Gras Holiday		14-Tai Chi	15	16-Tai Chi	17
18	19-Church closed	20	21-Tai Chi	22	23-Tai Chi	24
25	26-Tai Chi	27	28-Tai Chi	29	Mar 1-Tai Chi	2
3	4-Tai Chi	5	6-Tai Chi	7	8-Tai Chi	9
10 Spring Break Holiday—No Tai Chi classes; feel free to practice safely on your own.						
17	18-Tai Chi	19	20-Tai Chi	21	22-Tai Chi	23
24	25-Tai Chi	26	27-Tai Chi	28	29-Good Friday	30
31-Easter	April 1-Church closed	2	3-Tai Chi	4	5-Tai Chi	6
7	8-Tai Chi	9	10-Tai Chi	11	12-Tai Chi	13
14	15-Tai Chi	16	17-Tai Chi	18	19-Tai Chi	20
21	22-Tai Chi	23	24-Tai Chi	25	26-Tai Chi	27
28	29-Tai Chi	30	May 1-Tai Chi	2	3-Tai Chi	4
5	6	7	8	9	10	11
12	13	14	15-Tai Chi - End of semester celebration	16	17	18