



Sitan Tai Chi & Martial Arts schedule

Tel:516-677-1798 Email:info@sitantaichi.com; healthqigong2012@gmail.com

Mon	9:30-10:30am 8 form / 24 form Tai Chi Instructor: Sitan Chen	10:30-11:30am 42 form Tai Chi Instructor:Sitan Chen	5:00-6:00pm Martial Arts Level 4-5	6:00-7:30pm Martial Arts Level 6-9	7:30-9:00pm Martial Arts M-H School	
Tue	9:30-10:30am Tai Chi Kungfu Fan Instructor: Lynn Lin	5:30-7:30pm Martial Arts Team Training	4:30pm-5:30pm 5:30pm-6:30pm 6:30pm-7:30pm Tai Chi Health Qigong			
Wed	9:30-10:30am Health Qigong Instructor: Lynn Lin	10:30-11:30am 48 form Tai Chi Sword Instructor:Sitan Chen	4:00-5:00pm Martial Arts Level 1-3	5:00-6:00pm Martial Arts Level 4-5	6:00-7:30pm Martial Arts Level 6-9	8:00-9:00pm Tai Chi Sword Instructor: Sitan Chen
Thu	5:30-7:30pm Martial Arts Team Training	7:30-8:30pm Martial Arts M-H School				
Fri	9:30-10:30am 42 form Tai Chi Sword Instructor:Sitan Chen	4:00-5:00pm Martial Arts Level 1-3	5:00-6:00pm Martial Arts Level 4-5	5:30-7:30pm Martial Arts Team Training		
Sat	2:00-3:00pm Martial Arts Level 1-3	3:00-4:00pm Martial Arts M-H School	4:00-5:30pm Martial Arts Level 6-9	5:30-7:30pm Martial Arts Team Training		
Sun	9:30-10:30am 24 form Tai Chi /32 Sword Instructor: Lynn Lin	10:30-11:30am Tai Chi for Beginners	8:30am-10:00am 10:00am-11:00am Tai Chi Health Qigong			

Long Island Location: 227 Michael Dr. Syosset, NY, 11791

Mahattan Location: 118-122 Baxter St., Room 203, NY,10013

Queens Location: 132-01 Roosevelt Ave, 2FL, Flushing. NY 11354

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