

**Zoom Classes**

Email us at [americantaichiacademy@gmail.com](mailto:americantaichiacademy@gmail.com) for the link.

<b>Class</b>	<b>Day and Time</b>	<b>Dates</b>
Foundations of Tai Chi	Sunday, 11am - 12:30pm MT 1pm-2:30pm ET noon - 1:30pm CT 10am-11:30am PT	Ongoing
Lok Hup Review	Thursday, 6:30 - 8pm MT 7:30 - 9pm CT 8:30 - 10pm ET 5:30 - 7pm PT	Ongoing

The Tai Chi and Lok Hup classes have separate Zoom links.