

March 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-------------------------|---------|---|---|---------|----------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| NEW Week 1 SESSION (Online) | 2 PM The Saybrook | | By Appointment Only <i>(Adv. Practice)</i> | QIGONG 9 AM TAI CHI 6 PM | | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| Week 2 (Online) | 2 PM The Saybrook | | By Appointment Only <i>(Adv. Practice)</i> | QIGONG 9 AM TAI CHI 6 PM | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Week 3 (Online) DAYLIGHT SAVINGS | 2 PM The Saybrook | | By Appointment Only <i>(Adv. Practice)</i> | QIGONG 9 AM TAI CHI 6 PM | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| Week 4 (Online) | 2 PM The Saybrook | | By Appointment Only <i>(Adv. Practice)</i> | QIGONG 9 AM TAI CHI 6 PM | | |
| 28 | 29 | 30 | 31 | APRIL 1 | APRIL 2 | APRIL 3 |
| Week 5 (Online) | 2 PM The Saybrook | | By Appointment Only <i>(Adv. Practice)</i> | QIGONG 9 AM TAI CHI 6 PM | | |