



Sitan Tai Chi 2026 Class Schedule

Tuesday	9:30-10:30 am Advanced Tai Chi	10:30-11:30 am * Beginner Tai Chi (Huntington)	10:30-11:30 am Group Practice	
	42 Sword + Sun Style Tai Chi ++	8 Form 24 Form Ba Duan Jin	24 Form Yang Style Tai Chi 32 Sword 42 Form	
Wednesday	10:30-11:30 am * Tai Chi & Health Qigong (Huntington)	10:30-11:30 am Group Practice	6:30-7:30 pm Advanced Tai Chi	
	Ba Duan Jin Wu Qin Xi Da Wu Daoyin Yangsheng Gong 12 Fa	24 Form 42 Form 42 Sword	42 Form Tai Chi +++ Tai Chi Kung Fu Fan ++++ Yang Style 40 Form +++++	
Sunday	9:30-10:30 am Advanced Tai Chi	10:30-11:30 am Group Practice	10:30-11:30 am * Beginner Tai Chi (Huntington)	11:30-12:30 pm * Advanced Tai Chi (Huntington)
	42 Form Tai Chi +++ Tai Chi Kung Fu Fan ++++ Yang Style 40 Form +++++	24 Form Yang Style Tai Chi 32 Sword 42 Form	8 Form 24 Form Ba Duan Jin	24 Form 32 Sword 42 Form 42 Sword

	Per Class	1 Month	3 Months	Half Year	1 Year
Instructive class Once a week	\$40	\$140	\$360	\$685	\$1,260
Instructive class Twice a Week		\$265	\$690	\$1,315	\$2,480
Group practice class unlimited		\$150	\$380	\$720	\$1,400
All in one		\$360	\$925	\$1,680	\$3,150

42 Sword + : January through June
 Sun Style Tai Chi ++ : July through December
 42 Form Tai Chi +++ : January through April
 Tai Chi Kung Fu Fan ++++ : May through August
 Yang Style 40 Form +++++ : September through December

**Please note: There must be at least FIVE students
in each class to start.**

Syosset Location:

227 Michael Dr., Syosset, NY 11791

516-677-1798

www.sitantaichi.com

Huntington Location *:

391 W. Jericho Turnpike, Huntington, NY 11743

631-228-3398

info@sitantaichi.com

