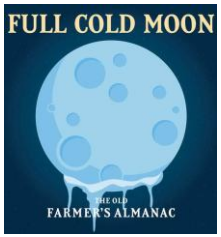
www.kaleidoscope-dance.com 602-345-0496

Kaleidoscope Dance

December 2025

Tai Chi & Well-Being

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Studio closed	1 6:00 PM Tai Chi Yang Form 7:00 PM Tai Chi Push Hands	2 1:00 PM Gentle Tai Chi Sequences	3 	4 6:00 PM Tai Chi Yang Form	5 1:00 PM Gentle Tai Chi Qigong	6 9:15 AM Crane Dance
7	8 6:00 PM Tai Chi Yang Form 7:00 PM Tai Chi Push Hands	9 1:00 PM Gentle Tai Chi Sequences	10	11 6:00 PM Tai Chi Yang Form	12 1:00 PM Gentle Tai Chi Qigong	13 9:15 AM Crane Dance
14	15 6:00 PM Tai Chi Yang Form 7:00 PM Tai Chi Push Hands	16 1:00 PM Gentle Tai Chi Sequences	17 Happy Hanukkah!	18 6:00 PM Tai Chi Yang Form 7:30 PM Sound Meditation	19 1:00 PM Gentle Tai Chi Qigong	20 9:15 AM Crane Dance
21	22 6:00 PM NO CLASS: Tai Chi Yang Form 7:00 PM NO CLASS: Tai Chi Push Hands	23 1:00 PM Gentle Tai Chi Sequences	24	25 Merry Christmas!	26 1:00 PM Gentle Tai Chi Qigong	27 9:15 AM Crane Dance
28	29 6:00 PM NO CLASS: Tai Chi Yang Form 7:00 PM NO CLASS: Tai Chi Push Hands	30 1:00 PM Gentle Tai Chi Sequences	31			

Nov 2025

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Jan 2026

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