



Class Schedule

Winter/Spring 2026 Classes

	MON	TUES	WED	THUR
		10:30 – 11:30 SEATED TAI CHI Nanoose Place	10:00 – 11:00 SEATED TAI CHI Buttertubs Place	10:00 – 11:30 TAI CHI (CONT BEG)
		1:00 – 2:30 MIXED LEVEL TAI CHI		----- FOUNDATIONS Nanoose Place
	1:30 – 3:00 HSING I Church of Christ	----- LOK HUP (BEG) Navy League 1:00 – 3:00 LOK HUP (CONT) Navy League 6:45 – 8:15 TAI CHI (CONT) TAI CHI (BEG) Navy League	6:45 – 8:15 LOK HUP (BEG) Rotary Act Ctr	2:00 – 3:30 MIXED LEVEL TAI CHI North Oyster CC 6:45 – 8:15 MIXED LEVEL TAI CHI Oliver Woods CC
		7:00 – 8:30 *INTENSIVE LONG FORM TAI CHI Beban Social Ctr	7:00 – 8:30 *INTRO TO TAI CHI Beban Social Ctr	

No classes on statutory holidays. Classes subject to change; ps check MITC website. All classes are by donation, except for:
 * Fee-based classes with specific start/end dates where you register at Nanaimo Parks and Rec
 [Edited Feb 11, 2026]