

Central Region Lok Hup Ba Fa Workshop Part II

Program Workshop Itinerary

London: June 18 to June 20, 2026



Thursday June 18, 2026 – LHBF2		
7:30 AM – 9:30 AM	Breakfast – Wednesday Arrivals (Extra Cost)	Oasis Cafeteria
9 AM – 6 PM	Open Practice	Alumni Lounge
9 AM – 9 PM	Lok Hup Ba Fa Workshop Part II - Registration	Alumni Lounge
12:30 PM – 2 PM	Lunch (Extra Cost)	Oasis Cafeteria
2 PM – 3:30 PM	Program Start	Gymnasium 3
3:30 PM – 4:15 PM	Snack Break	Alumni Lounge
4:15 PM – 6 PM		Gymnasium 3
6 PM – 7:30 PM	Supper	Oasis Cafeteria
7:30 PM – 9 PM		Gymnasium 3

Friday June 19, 2026 – LHBF2		
7:30 AM – 9:30 AM	Breakfast	Oasis Cafeteria
9 AM – 10:30 AM		Gymnasium 3
10:30 AM – 11 AM	Coffee Break	Alumni Lounge
11 AM – 12:30 PM		Gymnasium 3
12:30 PM – 2 PM	Lunch	Oasis Cafeteria
2 PM – 3:30 PM		Gymnasium 3
3:30 PM – 4:15 PM	Snack Break	Alumni Lounge
4:15 PM – 6 PM		Gymnasium 3
6 PM – 7:30 PM	Supper	Oasis Cafeteria
7:30 PM – 9 PM		Gymnasium 3

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Saturday June 20, 2026 – LHBF2		
7:30 AM – 9:30 AM	Breakfast	Oasis Cafeteria
9 AM – 10:30 AM		Gymnasium 3
10:30 AM – 11 AM	Coffee Break	Alumni Lounge
11 AM – 12:30 PM		Gymnasium 3
12:30 PM – 2 PM	Lunch	Oasis Cafeteria
2 PM – 5 PM		Gymnasium 3
5 PM	End of Workshop	

Saturday June 20, 2026 – LHBF2		
6 PM – 7:30 PM	Supper (Extra Cost)	Oasis Cafeteria
7:30 PM – 9 PM	Open Practice	Alumni Lounge

Sunday June 21, 2026 – LHBF2		
7:30 AM – 9:30 AM	Breakfast – Late Departures (Extra Cost)	Oasis Cafeteria
9 AM – 12 PM	Open Practice	Alumni Lounge

More Information: www.LondonTaiChi.ca/Fanshawe2026

Questions? Fanshawe@LondonTaiChi.ca or 844-205-6944 Toll Free