



CONCORD KUNG FU ACADEMY GROUP CLASS SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:AM	Tai Chi All Levels 10 a.m.		Tai Chi/Qigong All Levels 10 a.m.			Tigers Forms Focus 10:15 a.m.	
11:AM	Dragons Sanda 11 a.m.		Dragons Forms Focus 11 a.m.			Leopards & Lions Forms Focus 11 a.m.	BY APPT. ONLY 11 a.m. to 12:30 p.m.
12:NOON						Dragons Forms Focus 12 p.m.	
1:PM							
3:PM						Lion Dance and Dragon Team 2:30 p.m.	
4:PM						Demo Team Closed Session 3:30 p.m.	
5:PM	Lions Stretch/Kicks 4:15 p.m.	Leopards Self-defense 4:15 p.m.			Tigers Forms Focus 4:45 p.m.	Lions Sparring 4:45 p.m.	
	Leopards Stretch/Kicks 5 p.m.	Lions Self-defense 5 p.m.	Black Sash Club Lions 5 p.m.		Leopards Forms Focus 5:30 p.m.	Leopards SD/Sparr Drills 5:30 p.m.	
6:PM	Tigers Stretch/Kicks 5:45 p.m.		Tigers Self-Defense 5:45 p.m.				
	Dragons Stretch/Kicks 6:30 p.m.	Tai Chi All Levels 6:30 p.m.	Dragons Self-Defense 6:30 p.m.	Tai Chi/Qigong All Levels 6:30 p.m.	Dragons Push Hands 6:30 p.m.		
	Dragons Forms Focus 7:15 p.m.	Dragons Sanda Drills 7:15 p.m.	Black Sash Club Dragons 7:15 p.m.	Dragons Sanda Drills 7:15 p.m.	Dragons Weapon Sparring 7:15 p.m.		
8:PM		Dragons Forms Focus 8 p.m.		Dragons Sanda 8 p.m.	Closed Session ATP 8 p.m.		
9:PM	Closed Session Instructors 8:45 p.m.		Closed Session Instructors 8:45 p.m.	Dragons Grappling 8:45pm			
	TIGERS - 4-7yrs	LEOPARDS - Beginners		LIONS - Inter/Advance		DRAGONS - Teens & Adults	

"Train Harder, Live Better!"®