

2023 Group Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	Tai Chi 10:30am - 11:15am		Tai Chi 10:30am - 11:15am				
11:00 AM						Youth Kickboxing Ages: 7 - 12 11am - 11:45am	
12:00 PM						Teen/Adult Kung Fu Ages: 13+ 12pm - 1pm	
1:00 PM						Sparring Ages: 13+ Reflex Development 1pm - 2pm	
2:00 PM						PRIVATE LESSONS	
3:00 PM	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	Demo/Lion Dance Invite Only 3pm - 4:30pm	
4:00 PM	Kung Fu Ages: 4-6 4 - 4:45	Kung Fu Ages: 7-9 4 - 4:45	Kung Fu Ages: 10 - 12 4pm - 4:45pm	Youth Kickboxing Ages: 7 - 9 4pm - 4:45pm	Kung Fu Ages: 10 - 12 4pm - 4:45pm	Kung Fu Ages: 4-6 4 - 4:45	Kung Fu Ages: 7-9 4 - 4:45
5:00 PM	Kung Fu Ages: 10 - 12 5pm - 5:45pm	Kung Fu Ages: 4-6 5 - 5:45	Kung Fu Ages: 7-9 5 - 5:45	Youth Kickboxing Ages: 10 - 12 5pm - 5:45pm	Kung Fu Ages: 4-6 5 - 5:45	Kung Fu Ages: 7-9 5 - 5:45	Kung Fu Ages: 10 - 12 5pm - 5:45pm
6:00 PM	PRIVATE LESSONS	Tai Chi 6 - 6:45	PRIVATE LESSONS	Tai Chi 6 - 6:45	Teen/Adult Kung Fu Ages: 13+ 6pm - 7pm		
7:00 PM	Teen/Adult Kickboxing Ages: 13+ 7pm - 8pm	Teen/Adult Kung Fu Ages: 13+ 6:30pm - 8pm	Teen/Adult Kickboxing Ages: 13+ 7pm - 8pm	Teen/Adult Kung Fu Ages: 13+ 6:30pm - 8pm	Teen/Adult Kickboxing Ages: 13+ 7pm - 8pm		
8:00 PM	Instructors Only 8pm - 9pm		Sparring Ages: 13+ Reflex Development 8pm - 9pm		Instructors Only 8pm - 9pm		
	Tigers/Kids Ages: 4-6	Leopards/Youth Ages: 7-9	Lions/Tweens Ages: 10-12	Dragons/Teens and Adults: 13+			