2023 Group Class Schedule

	MONDAY		TUESDAY		WEDNESDAY	THURSDAY		FRIDAY		SATURDAY	
	Tai	Chi			Tai Chi						
	10:30am -	- 11:15am			10:30am - 11:15am						
11:00 AM										Youth Kickboxing	J
										Ages: 7 - 12	
										11am - 11:45am	
12:00 PM										Teen/Adult Kung Fu	r
										Ages: 13+	
										12pm - 1pm	
1:00 PM										Sparring Ages: 13-	F
										Reflex Development	t
										1pm - 2pm	
2:00 PM											
	-									PRIVATE	
										LESSONS	
3:00 PM	PRIVATE		PRIVATE		PRIVATE	PRIVATE		PRIVATE		Demo/Lion Dance	Э
	LESSONS		LESSONS		LESSONS	LESSONS		LESSONS		Invite Only	
										3pm - 4:30pm	
4:00 PM	Kung Fu	Kung Fu Kung Fu		g Fu	Youth Kickboxing Kung						
	Ages: 4-6 Ages: 7-9		Ages: 10 - 12		Ages: 7 - 9	Ages: 10 - 12		Ages: 4-6	Ages: 7-9		
	4 - 4:45	4 - 4:45	4pm	4:45pm	4pm - 4:45pm	4pm - 4	4:45pm	4 - 4:45	4 - 4:45		
5:00 PM	Kung Fu		Kung Fu Kung Fu		Youth Kickboxing	Kung Fu Kung Fu		Kung Fu			
	Ages: 10 - 12		Ages: 4-6	Ages: 7-9	Ages: 10 - 12	Ages: 4-6	Ages: 7-9	Ages: 10 - 12			
	5pm - 5	5:45pm	5 - 5:45	5 - 5:45	5pm - 5:45pm	5 - 5:45	5 - 5:45	5pm - 8	5:45pm		
		/ATE						Teen/Adult Kung Fu			
6:00 PM	PRIVATE			Tai Chi	PRIVATE		Tai Chi		-		
				6 - 6:45	LESSONS		6 - 6:45	Ages: 13+			
	-		Teen/Adult Kung Fu					6pm - 7pm			
7.00 014				-		Teen/Adult Kung Fu					
7:00 PM	Teen/Adult Kickboxing		Ages: 13+		Teen/Adult Kickboxing	Ages: 13+			Kickboxing		
	Ages: 13+		6:30pm - 8pm		Ages: 13+	6:30pm - 8pm			: 13+ °nm		
	7pm - 8pm				7pm - 8pm			/pm·	- 8pm		
8:00 PM					Spewing Ages: 10						
	Instructors Only				Sparring Ages: 13+			Instructors Only 8pm - 9pm			
	8pm - 9pm				Reflex Development			opin ·	əpin		
					8pm - 9pm						
	Tigers/Kids Ages: 4-6		Leopards/Youth Ages: 7-9		Lions/Tweens Ages: 10-12	eens Ages: 10-12 Dragons/Teens and Adults: 13+					