## 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						
12:00 PM						Teen/Adult Kung Fu
						Ages: 13+
						12pm - 1pm
1:00 PM						Sparring Ages: 13+
						Reflex Development
						1pm - 2pm
2:00 PM						
3:00 PM						
4:00 PM						
5:00 PM						
6-00 D11					<b>T</b> (A 1 1: 14	
6:00 PM					Teen/Adult Kung Fu	
					Ages: 13+	
		To any /A shalls Marrier Free		To an /A dull I/ Fu	6pm - 7pm	
7:00 PM	Toon/Adult Kield	Teen/Adult Kung Fu  Ages: 13+	Toon/Adult Kinkh	Teen/Adult Kung Fu	Toon/Adult Kinds	
7.00 PIVI	Teen/Adult Kickboxing		Teen/Adult Kickboxing	Ages: 13+	Teen/Adult Kickboxing	
	Ages: 13+	6:30pm - 8pm	Ages: 13+	6:30pm - 8pm	Ages: 13+	
	7pm - 8pm		7pm - 8pm		7pm - 8pm	
8:00 PM			Spanning Ages, 10			
O.OU FIVI			Sparring Ages: 13+			
			Reflex Development 8pm - 9pm			
			οριπ - θριπ			
	Tigers/Kids Ages: 4-6	Leopards/Youth Ages: 7-9	Lions/Twoons Assaults 15	Dragons/Toens	and Adults: 13+	
	Tigers/Nius Ages: 4-0	Leopards/Toditi Ages: 7-9	Lions/Tweens Ages: 10-12	Dragons/ leens	and Addits. 10+	