

2025 Group Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
11:00 AM	Tai Chi 10:30am - 11:15am		Tai Chi 10:30am - 11:15am			Leopard / Lion Sparring & Drills Ages: 7 - 13 11am - 11:45am	
12:00 PM						Kung Fu Weapon Forms 12pm - 1pm	
1:00 PM						Sparring 1pm - 2pm	
2:00 PM							
3:00 PM	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	Demo Team Lion Dance Dragon Dance Invite Only 3pm - 4:30pm	
4:00 PM	Tigers Ages: 4 - 7 4pm - 4:45pm	Lions Ages: 10 - 13 4pm - 4:45pm		Lions Ages: 10 - 13 4pm - 4:45pm	Tigers Ages: 4 - 7 4pm - 4:45pm		
5:00 PM	Leopards Ages: 7 - 10 4:45pm - 5:30pm	Tigers Ages: 4 - 7 4:45pm - 5:30pm	Leopard / Lion Sparring & Drills Ages: 7 - 13 4:45pm - 5:30pm	Tigers Ages: 4 - 7 4:45pm - 5:30pm	Leopards Ages: 7 - 10 4:45pm - 5:30pm		
6:00 PM	Lions Ages: 10 - 13 5:30pm - 6:15pm	Leopards Ages: 7 - 10 5:30pm - 6:15pm	Black Sash Club Ages: 7 - 13 5:30pm - 6:15pm	Leopards Ages: 7 - 10 5:30pm - 6:15pm	Lions Ages: 10 - 13 5:30pm - 6:15pm		
7:00 PM	Strength & Conditioning 6:30pm - 7:15pm	Weapon Sparring 6:30 - 7:15	Tai Chi 6:30 - 7:15	Flexibility & Mobility 6:30pm - 7:15pm	Push Hands 6:30 - 7:15	Tai Chi 6:30 - 7:15	Kicks, Tricks & Stunts 6:30pm - 7:15pm
	Padwork & Sparring Drills 7pm - 8pm	Kung Fu Hand Forms 7:15pm - 8pm	Padwork & Sparring Drills 7 - 8	BSC Teen/Adult 7:15 - 8	Kung Fu 2 Person Forms 7:15pm - 8pm	Padwork & Sparring Drills 7pm - 8pm	
8:00 PM		Self - Defenses 8pm - 8:45pm	Sparring 8pm - 8:45pm	Grappling Techniques 8pm - 8:45pm			
	CLOSED SESSION 8:15pm - 9:15pm					CLOSED SESSION 8:15pm - 9:15pm	
	Tigers/Kids Ages: 4-7	Leopard/Youth Ages: 7 - 10	Lions/Tweens Ages: 10 - 13			Dragons/Teens and Adults Ages: 13+	