

Kung Fu Schedule

| Mon | Tue | Wed | Thu | Sat |
|--|--|--|--|--|
| Little Dragons 3:30pm - 4:15pm | Kung Fu Kids Level I 3:45pm - 4:30pm | Little Dragons 3:30pm - 4:15pm | Kung Fu Kids Level I 3:45pm - 4:30pm | Kung Fu Kids Level I 12:00pm - 12:45pm |
| Kung Fu Kids Level III 4:15pm - 5:30pm | Kung Fu Kids Level II 4:30pm - 5:30pm | Kung Fu Kids Level III 4:15pm - 5:30pm | Kung Fu Kids Level II 4:30pm - 5:30pm | Kung Fu Kids Level II & III 12:45pm - 2:00pm |
| Kung Fu Level IV 5:30pm - 7:00pm | Adult Kung Fu Level I & II 5:30pm - 6:30pm | Kung Fu Level IV 5:30pm - 7:00pm | Adult Kung Fu Level I 5:30pm - 6:30pm | Competition Club 2:00pm - 3:30pm |
| | | | Adult Kung Fu Level II 6:30pm - 7:30pm | |

 Highlighted classes are open to new students right now

Little Dragons: reserved for ages 5 - 6 years old only.

Kung Fu Kids Level I: Beginning kids ages 7-12

Adult Kung Fu Level I: Beginners ages 13 and up

Competition Club: Pay per class drop in structure (\$10 per class), Designed to give students a class focused on preparation for competition events and rules. participation must be approved by instructor.

Tai Chi & Qigong Schedule

| Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----|--|---|---|---|
| Yang Tai Chi 7:15pm - 8:30pm | | Chen Tai Chi 7:15pm - 8:30pm | NEW (9/17) Wudang Tai Chi 7:45pm - 9:00pm | Yang Tai Chi 9:00am - 10:15am | Qigong 8:30am - 9:45am |
| Push Hands Club 8:30pm - 10:00pm | | Yang Tai Chi Saber 8:30pm - 9:45pm | | | Chen Tai Chi 9:45am - 11:00am |

 Highlighted classes are open to new students right now

Tai Chi and Qigong classes: Focus on learning of traditional forms or “Taolu” & require long term consistent attendance to memorize correctly. Each form is broken into sections & taught in sessions that cycle through every couple of months. If you stick with it you will get as many chances as you need to master the form.

Push Hands Club: This class is a pay per class drop in structure (\$10 class). All levels are welcome to come and explore applying tai chi principles with partner practice.