

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.