

2021 Group Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Tai Chi		Tai Chi			
11:00 AM	10:30am - 11:15am		10:30am - 11:15am			Youth Kickboxing Ages: 7-12 11am - 11:45am
12:00 PM						Kung Fu Ages: 13+ 12pm - 12:45pm
1:00 PM						Sparring Ages: 13+ Reflex Development 1pm - 1:45pm
2:00 PM						
3:00 PM						Demo Team Invite Only 3pm - 4pm
4:00 PM	Kung Fu Ages: 4-6 4 - 4:45	Kung Fu Ages: 7-9 4 - 4:45	Kung Fu Ages: 10-12 4pm - 4:45pm	Youth Kickboxing Ages: 7-9 4pm - 4:45pm	Kung Fu Ages: 10-12 4pm - 4:45pm	Kung Fu Ages: 4-6 4 - 4:45
5:00 PM	Kung Fu Ages: 10-12 5pm - 5:45pm	Kung Fu Ages: 4-6 5 - 5:45	Kung Fu Ages: 7-9 5 - 5:45	Youth Kickboxing Ages: 10 - 12 5pm - 5:45pm	Kung Fu Ages: 4-6 5 - 5:45	Kung Fu Ages: 7-9 5 - 5:45
6:00 PM	Kung Fu Ages: 13+ 6pm - 6:45pm	Kung Fu Age: 13-17 6 - 6:45	Tai Chi 6 - 6:45		Kung Fu Age: 13-17 6 - 6:45	Tai Chi 6 - 6:45
7:00 PM	Teen/Adult Kickboxing Ages: 13+ 7pm - 7:45pm	Kung Fu Ages: 18+ 7pm - 7:45pm	Teen/Adult Kickboxing Ages: 13+ 7pm - 7:45pm	Kung Fu Ages: 18+ 7pm - 7:45pm	Teen/Adult Kickboxing Ages: 13+ 7pm - 7:45pm	
8:00 PM	Advanced Invite Only 8pm - 8:45pm		Sparring Ages: 13+ Reflex Development 8pm - 8:45pm		Advanced Invite Only 8pm - 8:45pm	
	Tigers/Kids Ages: 4-6	Leopards/Youth Ages: 7-9	Lions/Tweens Ages: 10-12	Dragons/Teens Ages: 13-17	Dragons/Adults	