

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 PM						Teen/Adult Kung Fu
						Ages: 13+
						6pm - 7pm
7:00 PM	Teen/Adult Kickboxing	Teen/Adult Kung Fu	Teen/Adult Kickboxing	Teen/Adult Kung Fu	Teen/Adult Kickboxing	
	Ages: 13+	Ages: 13+	Ages: 13+	Ages: 13+	Ages: 13+	
	7pm - 8pm	6:30pm - 8pm	7pm - 8pm	6:30pm - 8pm	7pm - 8pm	
8:00 PM			Sparring Ages: 13+			
			Reflex Development			
			8pm - 9pm			
	Tigers/Kids Ages: 4-6	Leopards/Youth Ages: 7-9	Lions/Tweens Ages: 10-12	Dragons/Teens and Adults: 13+		