

2025 Group Class Schedule (September Change)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
						<b>Tigers</b> Ages: 4 - 7 10:15am - 11am						
11:00 AM	<b>Tai Chi</b> 10:30am - 11:15am		<b>Tai Chi</b> 10:30am - 11:15am			<b>Leopards / Lions</b> All Levels Ages: 7 - 13 11am - 11:45am						
12:00 PM						<table border="1"> <tr> <td><b>Teen/Adult Kung Fu</b> All Levels 11:45am - 12:30pm</td> <td><b>Sparring/ Open Mat</b> 11:45am - 12:30pm</td> </tr> </table>	<b>Teen/Adult Kung Fu</b> All Levels 11:45am - 12:30pm	<b>Sparring/ Open Mat</b> 11:45am - 12:30pm				
<b>Teen/Adult Kung Fu</b> All Levels 11:45am - 12:30pm	<b>Sparring/ Open Mat</b> 11:45am - 12:30pm											
1:00 PM						<b>Lion Dance</b> All Levels 12:30pm - 1:15pm						
						<b>Demo Team</b> Invite Only 1:15pm - 2pm						
2:00 PM												
4:00 PM	<b>Tigers</b> Ages: 4 - 7 4pm - 4:45pm	<b>Lions</b> Ages: 10 - 13 4pm - 4:45pm		<b>Lions</b> Ages: 10 - 13 4pm - 4:45pm	<b>Tigers</b> Ages: 4 - 7 4pm - 4:45pm							
5:00 PM	<b>Leopards</b> Ages: 7 - 10 4:45pm - 5:30pm	<b>Tigers</b> Ages: 4 - 7 4:45pm - 5:30pm	<b>Leopards/Lions</b> Sparring Ages: 7 - 13 4:45pm - 5:30pm	<b>Tigers</b> Ages: 4 - 7 4:45pm - 5:30pm	<b>Leopards</b> Ages: 7 - 10 4:45pm - 5:30pm							
6:00 PM	<b>Lions</b> Ages: 10 - 13 5:30pm - 6:15pm	<b>Leopards</b> Ages: 7 - 10 5:30pm - 6:15pm	<b>Black Sash Club</b> Ages: 7 - 13 5:30pm - 6:15pm	<b>Leopards</b> Ages: 7 - 10 5:30pm - 6:15pm	<b>Lions</b> Ages: 10 - 13 5:30pm - 6:15pm							
7:00 PM	<table border="1"> <tr> <td><b>Strength/Conditioning</b> All Levels 6:30pm - 7pm</td> <td><b>Weapon Sparring</b> All Levels 6:30 - 7:15</td> <td><b>Tai Chi</b> 6:30 - 7:15</td> <td><b>Flexibility / Mobility</b> 6:30pm - 7:15pm</td> <td><b>Push Hands</b> All Levels 6:30 - 7:15</td> <td><b>Tai Chi</b> All Levels 6:30 - 7:15</td> </tr> </table>	<b>Strength/Conditioning</b> All Levels 6:30pm - 7pm	<b>Weapon Sparring</b> All Levels 6:30 - 7:15	<b>Tai Chi</b> 6:30 - 7:15	<b>Flexibility / Mobility</b> 6:30pm - 7:15pm	<b>Push Hands</b> All Levels 6:30 - 7:15	<b>Tai Chi</b> All Levels 6:30 - 7:15					
<b>Strength/Conditioning</b> All Levels 6:30pm - 7pm	<b>Weapon Sparring</b> All Levels 6:30 - 7:15	<b>Tai Chi</b> 6:30 - 7:15	<b>Flexibility / Mobility</b> 6:30pm - 7:15pm	<b>Push Hands</b> All Levels 6:30 - 7:15	<b>Tai Chi</b> All Levels 6:30 - 7:15							
	<b>Kickboxing/Sanda</b> All Levels Bag Work/Pad Work 7pm - 8pm	<b>Teen/Adult Kung Fu</b> All Levels 7:15pm - 8pm	<b>Kickbox/Sanda</b> Int. / Adv. 7 - 8	<b>BSC</b> Teen/Adult 7:15 - 8	<b>Teen/Adult Kung Fu</b> All Levels 7:15pm - 8pm	<b>Kickboxing/Sanda</b> All Levels Bag Work/Pad Work 7pm - 8pm						
8:00 PM		<b>Sparring/Open Mat</b> 8pm-8:45pm • Striking/Grappling • Tricking • Personal Practice	<b>Tai Chi</b> Advanced 8pm - 8:45pm		<b>Sparring/Open Mat</b> 8pm-8:45pm • Striking/Grappling • Tricking • Personal Practice							
9:00PM												
	Tigers: Kids Ages: 4-7	Leopards: Ages: 7 - 10	Lions: Ages: 10 - 13			Dragons: Teens / Adults Ages: 13+						