

## 2025 Group Class Schedule

|          | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |  |  |  |   |  |
|----------|---|---|---|--|---|--|--|--|--|---|--|
|          | <div>Tai Chi</div> <div>10:30am - 11:15am</div>                   |   | <div>Tai Chi</div> <div>10:30am - 11:15am</div>           |  |   |  |  |  |  |   |  |
| 11:00 AM |   |   |   |  |   |  |  |  |  | <div>Leopard / Lion Sparring &amp; Drills</div> <div>Ages: 7 - 13</div> <div>11am - 11:45am</div>                 |  |
|          |   |   |   |  |   |  |  |  |  |   |  |
| 12:00 PM |   |   |   |  |   |  |  |  |  |   |  |
|          |   |   |   |  |   |  |  |  |  |   |  |
| 1:00 PM  |   |   |   |  |   |  |  |  |  |   |  |
|          |   |   |   |  |   |  |  |  |  |   |  |
| 2:00 PM  |   |   |   |  |   |  |  |  |  |   |  |
|          | <div>PRIVATE LESSONS</div>  | <div>PRIVATE LESSONS</div>                            | <div>PRIVATE LESSONS</div>                                | <div>PRIVATE LESSONS</div>                                       | <div>PRIVATE LESSONS</div>                                |  |  |  |  |   |  |
| 3:00 PM  |   |   |   |  |   |  |  |  |  | <div>Demo Team</div> <div>Lion Dance</div> <div>Dragon Dance</div> <div>Invite Only</div> <div>3pm - 4:30pm</div> |  |
|          |   |   |   |  |   |  |  |  |  |   |  |
| 4:00 PM  |   |   |   |  |   | <div>Tigers</div> <div>Ages: 4 - 7</div> <div>4pm - 4:45pm</div>       | <div>Lions</div> <div>Ages: 10 - 13</div> <div>4pm - 4:45pm</div>      |  | <div>Lions</div> <div>Ages: 10 - 13</div> <div>4pm - 4:45pm</div>      |   | <div>Tigers</div> <div>Ages: 4 - 7</div> <div>4pm - 4:45pm</div> |
|          |   |   |   |  |   |  |  |  |  |   |  |
| 5:00 PM  |   |   |   |  |   | <div>Leopards</div> <div>Ages: 7 - 10</div> <div>4:45pm - 5:30pm</div> | <div>Tigers</div> <div>Ages: 4 - 7</div> <div>4:45pm - 5:30pm</div>    | <div>Leopard / Lion Sparring &amp; Drills</div> <div>Ages: 7 - 13</div> <div>4:45pm - 5:30pm</div> | <div>Tigers</div> <div>Ages: 4 - 7</div> <div>4:45pm - 5:30pm</div>    | <div>Leopards</div> <div>Ages: 7 - 10</div> <div>4:45pm - 5:30pm</div>  |  |
|          |   |   |   |  |   |  |  |  |  |   |  |
| 6:00 PM  |   |   |   |  |   | <div>Lions</div> <div>Ages: 10 - 13</div> <div>5:30pm - 6:15pm</div>   | <div>Leopards</div> <div>Ages: 7 - 10</div> <div>5:30pm - 6:15pm</div> | <div>Black Sash Club</div> <div>Ages: 7 - 13</div> <div>5:30pm - 6:15pm</div>                      | <div>Leopards</div> <div>Ages: 7 - 10</div> <div>5:30pm - 6:15pm</div> | <div>Lions</div> <div>Ages: 10 - 13</div> <div>5:30pm - 6:15pm</div>  |  |
|          |   |   |   |  |   |  |  |  |  |   |  |
|          | <div>Strength &amp; Conditioning</div> <div>6:30pm - 7:15pm</div> | <div>Weapon Sparring</div> <div>6:30 - 7:15</div>     | <div>Tai Chi</div> <div>6:30 - 7:15</div>                 | <div>Flexibility &amp; Mobility</div> <div>6:30pm - 7:15pm</div> | <div>Push Hands</div> <div>6:30 - 7:15</div>              | <div>Tai Chi</div> <div>6:30 - 7:15</div>                              | <div>Kicks, Tricks &amp; Stunts</div> <div>6:30pm - 7:15pm</div>       |  |  |   |  |
| 7:00 PM  |   |   |   |  |   |  |  |  |  |   |  |
|          | <div>Padwork &amp; Sparring Drills</div> <div>7pm - 8pm</div>     | <div>Kung Fu Hand Forms</div> <div>7:15pm - 8pm</div> | <div>Padwork &amp; Sparring Drills</div> <div>7 - 8</div> | <div>BSC</div> <div>Teen/Adult</div> <div>7:15 - 8</div>         | <div>Kung Fu 2 Person Forms</div> <div>7:15pm - 8pm</div> | <div>Padwork &amp; Sparring Drills</div> <div>7pm - 8pm</div>          |  |  |  |   |  |
|          |   |   |   |  |   |  |  |  |  |   |  |
| 8:00 PM  |   | <div>Self - Defenses</div> <div>8pm - 8:45pm</div>    | <div>Sparring</div> <div>8pm - 8:45pm</div>               | <div>Ground Techniques</div> <div>8pm - 8:45pm</div>             |   |  |  |  |  |   |  |
|          | <div>CLOSED SESSION</div> <div>8:15pm - 9:15pm</div>              |   |   |  | <div>CLOSED SESSION</div> <div>8:15pm - 9:15pm</div>      |  |  |  |  |   |  |
|          |   |   |   |  |   |  |  |  |  |   |  |
|          | <div>Tigers/Kids Ages: 4-7</div>                                  | <div>Leopard/Youth Ages: 7 - 10</div>                 | <div>Lions/Tweens Ages: 10 - 13</div>                     | <div>Dragons/Teens and Adults Ages: 13+</div>                    |   |  |  |  |  |   |  |