## 2025 Group Class Schedule (Teen & Adult)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 PM						Kung Fu Weapon Forms 12pm - 1pm
1:00 PM						<b>Sparring</b> Teen / Adult 1pm - 2pm
2:00 PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
6:00 PM						
7:00 PM	Strength & Conditioning 6:30pm - 7:15pm	Weapon Sparring 6:30 - 7:15  Tai Chi 6:30 - 7:15	Flexibility & Mobility 6:30pm - 7:15pm	Push Hands 6:30 - 7:15  Tai Chi 6:30 - 7:15	Kicks, Tricks & Stunts 6:30pm - 7:15pm	
	Padwork & Sparring Drills 7pm - 8pm	Kung Fu Hand Forms 7:15pm - 8pm	Padwork & Sparring BSC Drills 7 - 8 Teen/Adult 7:15 - 8	Kung Fu 2 Person Forms 7:15pm - 8pm	Padwork & Sparring Drills 7pm - 8pm	
8:00 PM		<b>Self - Defenses</b> 8pm - 8:45pm	<b>Sparring</b> 8pm - 8:45pm	<b>Ground</b> <b>Techniques</b> 8pm - 8:45pm		
	Tigers/Kids Ages: 4-7	Leopards/Youth Age	es: 7 - 10 Lions/T	weens Ages: 10 - 13	Dragons/Teens and	d Adults Ages: 13+