

2026 Group Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Tigers Ages: 7 and under 10:15am - 11am
11:00 AM	Tai Chi 10:30am - 11:15am	Kickboxing Drills All Levels 10:30am - 11am	Tai Chi 10:30am - 11:15am	Kickboxing Drills All Levels 10:30am - 11am		Leopards / Lions Sparring Ages: 7 - 12 11am - 11:45am
		Kung Fu Forms All Levels 11am - 11:30am		Kung Fu Forms All Levels 11am - 11:30am		
12:00 PM						Sparring/Open Mat All Levels 11:45am - 12:30pm
1:00 PM						Lion Demo Team Invite Only 12:30pm - 2pm
2:00 PM						
4:00 PM	Tigers Ages: 7 and under 4pm - 4:45pm	Lions Int. / Adv. Ages: 7 - 12 4pm - 4:45pm		Lions Int. / Adv. Ages: 7 - 12 4pm - 4:45pm	Tigers Ages: 7 and under 4pm - 4:45pm	
5:00 PM	Leopards Beginner Ages: 7 - 12 4:45pm - 5:30pm	Tigers Ages: 7 and under 4:45pm - 5:30pm	Leopards/Lions Sparring Ages: 7 - 12 4:45pm - 5:30pm	Tigers Ages: 7 and under 4:45pm - 5:30pm	Leopards Beginner Ages: 7 - 12 4:45pm - 5:30pm	
6:00 PM	Lions Int. / Adv. Ages: 7 - 12 5:30pm - 6:15pm	Leopards Beginner Ages: 7 - 12 5:30pm - 6:15pm	Black Sash Club Ages: 7 - 12 5:30pm - 6:15pm	Leopards Beginner Ages: 7 - 12 5:30pm - 6:15pm	Lions Int. / Adv. Ages: 7 - 12 5:30pm - 6:15pm	
7:00 PM	Strength/ Conditioning All Levels 6:30pm - 7:15pm	Kung Fu Beginner 6:30pm - 7:15pm	Tai Chi All Levels 6:30 - 7:15	Animal Flow All Levels 6:30pm - 7:15pm	Kung Fu Beginner 6:30pm - 7:15pm	Tai Chi All Levels 6:30 - 7:15
	Kickboxing/Sanda Padwork & Drills All Levels 7:15pm - 8pm	Kung Fu Int. / Adv. 7:15pm - 8pm	Kickbox/ Sanda All Levels 7:15 - 8	BSC Teen/Adult 7:15 - 8	Kung Fu Int. / Adv. 7:15pm - 8pm	Kickboxing/Sanda Padwork & Drills All Levels 7:15pm - 8pm
8:00 PM	CLOSED SESSION 8pm - 8:45pm	Sparring/Open Mat All Levels 8pm-8:45pm	Black Sash Only Kung Fu/Tai Chi 8pm - 8:45pm	Sparring/Open Mat All Levels 8pm-8:45pm	CLOSED SESSION 8pm - 8:45pm	
9:00PM						
	Tigers: Ages: 7 and under		Leopards: Beginners Ages: 7 - 12		Lions: Int./Adv. Ages: 7 - 12	
	Dragons: Ages: Teen/Adult					

Beginner Levels: Red Sash to Gold Fringe
Intermediate/Advanced: Orange Fringe and above