

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Qi Gung/Tai Chi	Qi Gung/Tai Chi	Qi Gung/Tai Chi		Qi Gung/Tai Chi	Open mats (open for Private Lessons)
	12-1:30 PM	7 AM-8:30 AM	12-1:30 PM		9 AM-10:30 AM	10 AM - 2 PM
	Privat Lesson		Private Lesson		Kids Kung Fu (All Levels/System)	
	2-5 PM		2-5 PM		10:30-11:30 AM	
Mini Mantis (Foundation)	Kids Kung-Fu (Foundation)	Mini Mantis (Foundation)	Kids Kung-Fu (Foundation)		Shaolin/Mantis All Levels	Instructor Training
5-6 PM	5-6 PM	5-6 PM	5-6 PM		11:30AM-12:45PM	2-4 PM
Yang Tai Chi	Chen Tai Chi	Yang Tai Chi	Chen Tai Chi	Yang Tai Chi & Northern Praying Mantis Kung Fu	Open mats (open for Private Lessons)	
6-7:15 PM	6-7PM	6-7:15 PM	6-7PM	6-7:15 PM	1-3PM	
Northern Praying Mantis Kung Fu	Adult Kung Fu	Northern Praying Mantis Kung Fu	Adult Kung Fu			
7:30-8:45 PM	7-8 PM	7:30-8:45 PM	7-8 PM			
	Chinese Mix Martial Arts (with Gear)		Chinese Mix Martial Arts (No Gear)			
	8-9PM		7:30-:30 PM			

Qi Gung/Tai Chi	Open mats (open for Personal/Private training)	Mini Mantis (Foundation)	Kids Kung-Fu (Foundation)	Mantis All Levels	Instructor Training
Yang Tai Chi & Adult Mantis Foundation	Chen Tai Chi	Lion Dance	Yang Tai Chi & Advance Praying Mantis Kung Fu	Adult Kung Fu	Chinese Mix Martial Arts (No Gear)