



Program	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Wing Chun Fundamentals	7:00pm-8:00pm		7:00pm-8:00pm			12:00pm-1:00pm	
Striking Power Pad Work			8:00pm-8:45pm				
Combat Skills Sparring Class	8:00pm-8:45pm						
Qigong Holistic Energy Work	6:00pm-7:00pm					10:00am-11:00am	
Tai Chi Energy in Motion						11:00am-12:00pm	
Wing Chun Juniors 12-15yrs			6:00pm-7:00pm				
Kung Fu Dragons 9-12yrs	5:00pm-5:45pm		5:00pm-5:45pm				
Kung Fu Tigers 6-9yrs	5:00pm-5:45pm		5:00pm-5:45pm				
Kung Fu Pandas 4-6yrs			4:00pm-4:45pm				
Private Lessons		by appointment		by appointment			