



# Jow Ga Shaolin Institute Headquarters

## Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>Taiji &amp; QiGong</b> 9:15 - 10:15
					<b>Advanced Taiji</b> 10:15 - 10:45
					<b>Junior Beginner<sup>2</sup></b> 11:00 - 12:00
<b>Taiji &amp; QiGong</b> 12:00 - 1:00					<b>Junior Yellow Sash Only<sup>2</sup></b> 12:00 - 1:00
					<b>Advanced Kung Fu</b> 1:00 - 2:30
					<b>Kung Fu<sup>4</sup></b> 2:30 - 4:00
					Lion/Dragon Dance Training
	<b>Junior Beginner</b> 5:30 - 6:30	<b>Junior Yellow Sash Only</b> 5:30 - 6:30			
			<b>Junior Beginner<sup>3</sup></b> 6:00 - 6:45		
<b>Taiji &amp; QiGong</b> 6:30 - 7:30	<b>Kung Fu<sup>2</sup></b> 6:45 - 7:45	<b>Taiji &amp; QiGong</b> 6:30 - 7:30	<b>Junior Yellow Sash Only<sup>3</sup></b> 6:45 - 7:30	<b>Kung Fu</b> 6:30 - 8:30	
		<b>Advanced Taiji</b> 7:30 - 8:00			
<b>Kung Fu<sup>1</sup></b> 7:45 - 9:15	<b>Advanced Kung Fu</b> 8:00 - 9:00	<b>Kung Fu<sup>3</sup></b> 8:00 - 9:30	<b>Taiji &amp; QiGong</b> 7:45 - 8:45		
			<b>Advanced Taiji</b> 8:45 - 9:15		

### Kung Fu Classes

1, 2, 3, 4:

Sparring session each month on the week indicated