



Jow Ga Shaolin Institute Headquarters Class Schedule



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

					<p>Tai Chi & Qigong 9:15–10:15am</p> <p>Advanced Tai Chi 10:15–10:45am</p> <p>Small Tigers² 11:00–12:00pm</p> <p>Junior Kung Fu² 12:00–1:00pm</p> <p>Kung Fu Int & Adv 1:00–2:30pm</p> <p>Kung Fu⁴ 2:30–4:00pm</p>
	<p>^{1,2,3,4} Sparring session each month on the week indicated</p> <p>Small Tigers: Kung Fu Classes for ages 6-11 Beginners</p> <p>Junior Kung Fu: Kung Fu classes for ages 6-15 with Yellow Sash or above</p> <p>Kung Fu: Kung Fu classes for all ages 12 and above</p> <p>CLOSED ON FEDERAL HOLIDAYS</p> <p>We also follow Fairfax County Public School's closings for inclement weather</p>				
Tai Chi & Qigong 12:00–1:00pm					
	Small Tigers ¹ 5:30-6:30pm	Junior Kung Fu ⁴ 5:30-6:30pm			
Tai Chi & Qigong 6:30–7:30pm	Kung Fu ² Beg & Int 6:45–7:45pm	Tai Chi & Qigong 6:30–7:30pm	Small Tigers ³ 6:00–7:00pm		
		Advanced Tai Chi 7:30–8:00pm	Advanced Tai Chi 7:15–8:15pm Beg Kung Fu 7:30–8:30pm	Kung Fu 6:30–8:00pm	
Kung Fu ¹ 7:45–9:15pm	Advanced Kung Fu 8:00–9:00pm	Kung Fu ³ 8:00–9:30pm	Lion Dance Training 8:30–9:30pm		