



Jow Ga Shaolin Institute Headquarters Class Schedule



600-D CARLISLE DRIVE HERNDON, VA 20170
JOWGASHAOLIN.COM (703) 742-7800 INFO@JOWGASHAOLIN.COM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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|--|--|--|--|--|---|
| | | | | | <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 Small Tigers: Kung Fu Classes for ages 6-11 Beginners Junior Kung Fu: Kung Fu classes for ages 6-15 with Yellow Sash or above Kung Fu: Kung Fu classes for all ages 12 and above</p> <p>CLOSED ON FEDERAL HOLIDAYS Inclement Weather Policy: Follow Fairfax County Public Schools JOWGASHAOLIN.COM for more details</p> | | | | |
| Tai Chi & Qigong 12:00–1:00pm | | | | | |
| | <p>Small Tigers¹ Junior Kung Fu¹ 5:30-6:30pm</p> | | | | |
| Tai Chi & Qigong 6:30–7:30pm | <p>Kung Fu² Beg & Int 6:45–7:45pm</p> | <p>Tai Chi & Qigong 6:30–7:30pm</p> | <p>Small Tigers³ Junior Kung Fu³ 6:00–7:00pm</p> | | <p>Kung Fu 6:30–8:00pm</p> |
| | | <p>Advanced Tai Chi 7:30–8:00pm</p> | <p>Advanced Tai Chi Beg Kung Fu 7:15–8:15pm</p> | | |
| <p>Kung Fu¹ 7:45–9:15pm</p> | <p>Advanced Kung Fu 8:00–9:00pm</p> | <p>Kung Fu³ Beg & Int 8:00–9:30pm</p> | <p>Lion Dance Training 8:30–9:30pm</p> | | |