



Jow Ga Shaolin Institute Headquarters Class Schedule



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>CLASSES*</p> <p>Small Tigers: Kung Fu classes for ages 5-9 Junior Kung Fu: Kung Fu classes for ages 10-15 Kung Fu: Kung Fu classes for ages 15+ Kung Fu Workout: Cardio workout for 10+ Tai Chi: Tai Chi classes for all ages and levels LS: All or some of these will be livestreamed</p> <p><i>*At the time of registration, and based on periodic review of the student's progress, we may determine that a student would benefit in a different age ranged class.</i></p> <p>CLOSED ON FEDERAL HOLIDAYS Inclement Weather Policy visit JOWGASHAOLIN.COM</p>				
Tai Chi ^{LS} 12:00–1:00pm					Tai Chi ^{LS} 9:00–10:30am
					Small Tigers Kung Fu 11:00–11:50am (Virtual)
Small Tigers Kung Fu 5:00–5:50pm	Small Tigers Kung Fu 5:30–6:20pm (Virtual)		Small Tigers Kung Fu 5:30–6:20pm (Virtual)	Tai Chi 5:30–6:30pm	Junior Kung Fu 1:00–1:50pm
Tai Chi 6:30–7:30pm	Junior Kung Fu ^{LS} 6:30–7:30pm	Tai Chi 6:30–7:30pm	Kung Fu All Levels 6:30–8:00pm	Kung Fu ^{LS} Workout 6:30–7:30pm	Kung Fu All Levels 2:00–3:30pm
Kung Fu Advanced 7:45–8:45pm	Kung Fu All Levels 7:45–9:15pm	Kung Fu Intermediate 7:45–8:45pm			