



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

	<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: Livestream Only classes – no instruction given</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>				<p>Tai Chi 9:00–10:30am</p>
<p>Tai Chi 12:00–1:00pm</p>					<p>Small Tigers Kung Fu 11:00–11:50am</p>
	<p>Small Tigers Kung Fu 5:30–6:20pm</p>		<p>Small Tigers Kung Fu 5:30–6:20pm</p>	<p>Tai Chi 5:30–6:30pm</p>	<p>Junior Kung Fu 1:00–1:50pm</p>
<p>Tai Chi 6:30–7:30pm</p>	<p>Junior Kung Fu 6:30–7:30pm</p>	<p>Tai Chi 6:30–7:30pm</p>	<p>Kung Fu All Levels 6:30–8:00pm</p>	<p>Kung Fu Workout 6:30–7:30pm</p>	<p>Kung Fu All Levels 2:00–3:30pm</p>
<p>Kung Fu Advanced 7:45–8:45pm</p>	<p>Kung Fu All Levels 7:45–9:15pm</p>	<p>Kung Fu Intermediate 7:45–8:45pm</p>			