



# 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**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>CLASSES*</b></p> <p><b>Small Tigers:</b> Kung Fu classes for ages 5-9  <b>Junior Kung Fu:</b> Kung Fu classes for ages 10-15  <b>Kung Fu:</b> Kung Fu classes for ages 15+  <b>Tai Chi:</b> Tai Chi classes for all ages and levels</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><b>CLOSED ON FEDERAL HOLIDAYS</b>            Inclement Weather Policy visit <a href="http://JOWGASHAOLIN.COM">JOWGASHAOLIN.COM</a></p>				<p>Tai Chi All Levels 9:00–10:30am</p>
					<p>Small Tigers Kung Fu 11:00–11:50am</p>
<p>Tai Chi All Levels 12:00–1:00pm</p>					<p>Junior Level Kung Fu 12:00–1:00pm</p>
	<p>Small Tigers Kung Fu 5:30–6:20pm</p>		<p>Small Tigers Kung Fu 5:30–6:20pm</p>	<p>Tai Chi All Levels 5:30–6:30pm</p>	<p>Kung Fu Adult Beginner Level &amp; Above 1:30–3:00pm</p>
<p>Tai Chi All Levels 6:00–7:00pm</p>	<p>Junior Level Kung Fu 6:30–7:30pm</p>	<p>Junior Level Kung Fu 6:00–7:00pm</p>	<p>Kung Fu Intermediate 6:30–7:30pm</p>	<p>Kung Fu Basics &amp; Workout Junior Level &amp; Above 6:40–7:40pm</p>	
<p>Kung Fu Advanced Level 7:10–8:10pm</p>	<p>Kung Fu Adult Beginner Level &amp; Above 7:40–8:40pm</p>	<p>Tai Chi All Levels 7:10–8:10pm</p>	<p>Kung Fu Adult Beginner Level &amp; Above 7:40–8:40pm</p>		
<p>Kung Fu Advanced Level 8:20–9:20pm</p>		<p>Kung Fu Adult Beginner Level &amp; Above 8:20–9:30pm</p>			

Effective April 1, 2022