



Jow Ga Shaolin Institute Headquarters Class Schedule



600-D CARLISLE DRIVE HERNDON, VA 20170
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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+ Tai Chi: 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>CLOSED ON FEDERAL HOLIDAYS Inclement Weather Policy visit JOWGASHAOLIN.COM</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>Kung Fu Int/Adv Discussion 1:00-1:30pm</p>	
	<p>Small Tigers Kung Fu 5:30–6:20pm</p>		<p>Small Tigers Kung Fu 5:30–6:20pm</p>		<p>Kung Fu Adult Beginner Level & 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>Tai Chi Int/Advanced 6:30–7:30pm</p>	<p>Kung Fu Basics & Workout Junior Level & Above 6:30–7:30pm</p>	<p>Kung Fu Int I-III 2:15-3:00pm</p>	
<p>Kung Fu Advanced Level 7:10–8:40pm</p>	<p>Kung Fu Adult Beginner Level & Above 7:40–9:00pm</p>	<p>Tai Chi All Levels 7:10–8:10pm</p>	<p>Kung Fu Adult Beginner Level & Above 7:40–9:00pm</p>			
		<p>Kung Fu Adult Beginner Level & Above 8:20–9:30pm</p>				

Effective January 1, 2024