Jow Ga Shaolin Institute Headquarters
Class Schedule

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

CLASSES*

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

**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.*

CLOSED ON FEDERAL HOLIDAYS

Inclement Weather Policy visit JOWGASHAOLIN.COM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tai Chi All Levels 12:00–1:00pm			Tai Chi Essentials Yang 24 Step 12:00–12:40pm		Tai Chi All Levels 9:00–10:30am
			Tai Chi Essentials Yang 32 Sword 12:50–1:30pm		Small Tigers Kung Fu 11:00–11:50am
					Junior Level Kung Fu 12:00–1:00pm
					Kung Fu Adult Beginner Level & Above 1:30–3:00pm
Tai Chi All Levels 6:00–7:00pm	Small Tigers Kung Fu 5:30–6:20pm	Junior Level Kung Fu 6:00–7:00pm	Small Tigers Kung Fu 5:30–6:20pm		
Kung Fu Advanced Level 7:10–8:40pm	Junior Level Kung Fu 6:30–7:30pm	Tai Chi All Levels 7:10–8:10pm	Tai Chi All Levels 6:30–7:30pm	Kung Fu Basics & Workout Junior Level & Above 6:30–7:30pm	
	Kung Fu Adult Beginner Level & Above 7:40–9:00pm	Kung Fu Adult Beginner Level & Above 8:20–9:30pm	Kung Fu Adult Beginner Level & Above 7:40–9:00pm		

Effective April 2026