

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM						
8:15 AM						
8:30 AM						
8:45 AM						
9:00 AM						Meditation
9:15 AM						QIGONG
9:30 AM						
9:45 AM						
10:00 AM						
10:15 AM						TAI CHI
10:30 AM						
10:45 AM						
11:00 AM						Kids
11:15 AM						OPEN
11:30 AM						KARATE
11:45 AM						
12:00 PM						
12:15 PM	QIGONG		QIGONG	Prenatal QiGong		Adults
12:30 PM						
12:45 PM						
1:00 PM						
1:15 PM						
1:30 PM						
1:45 PM						
2:00 PM						Prenatal QiGong
2:15 PM						
2:30 PM						
2:45 PM						
3:00 PM						
3:15 PM						
3:30 PM	ERIE DAY SCHOOL KARATE		TAI CHI		TAI CHI	
3:45 PM						
4:00 PM						
4:15 PM		LIL DRAGONS		LIL DRAGONS		
4:30 PM		3-7 yrs old	RED DRAGONS	3-7 yrs old	RED DRAGONS	
4:45 PM			7-12 yrs old		7-12 yrs old	
5:00 PM						
5:15 PM						
5:30 PM	TAI CHI @ St. Vincent	Meditation		Meditation		
5:45 PM		TAI CHI		QIGONG	SPARRING	
6:00 PM						
6:15 PM						
6:30 PM		QIGONG		TAI CHI		
6:45 PM						
7:00 PM	ADULT KARATE		ADULT KARATE			
7:15 PM						
7:30 PM						
7:45 PM						
8:00 PM						

Also Available for Private and Group Classes & Corporate Seminars

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