

Mt Pleasant Studio • Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
7:00				<h2 style="writing-mode: vertical-rl; font-size: 2em;">龍蛇虎豹鶴</h2>			Closed on Sundays			
8:00										
9:00								9:00 - 10:00 Adult Tai Chi	9:00 - 9:30 Push Hands	Seminars featuring Professor Nohelty
10:00									9:30 - 10:30 Adult Tai Chi	
11:00									10:30 - 11:00 Level 2 Tai Chi	Tell a Friend what the Martial Arts have done for you!
12:00	12:00 - 1:00 Open Adults White - Brown Belts	12:00 Rings Workout	12:00 - 1:00 Black Belt Class		12:00 - 1:00 Black Belt Class	12:00 - 1:00 White Belt Children				
1:00	1:00 - 4:00 Private Lessons	1:00 - 4:00 Private Lessons	1:00 - 4:00 Private Lessons	12:30 - 1:30 Open Adults White - Brown Belts	1:00 - 5:30 Private Lessons	1:00 - 2:00 Yellow & Up Children Sparring	Seminars with Masters Yao Li & Joshua Grant			
2:00						2:00 - 3:00 Orange & Up Children Kung Fu				
3:00						2:30 - 4:00 Private Lessons	3:00 Rings Workout	Ask about Private Lessons		
4:00	4:15 - 5:15 White Belt Children	4:15 - 5:15 Purple - Brown Belt Children	4:15 - 5:15 Yellow - Orange Belt Children	4:15 - 5:15 Purple - Brown Belt Children		3:45 - 5:00 Open Adults Kung Fu Casual Dress				
5:00	5:15 - 6:15 Yellow - Orange Belt Children	5:30 - 6:15 Open Adults Cond/Sparring	5:15 - 6:15 White Belt Children	5:30 - 6:30 Yellow - Brown Belt Children			Fall & Spring Tournaments			
6:00		6:15 - 7:15 Adult Tai Chi		6:30 - 7:30 Adult Tai Chi	6:00 - 7:00 Open Adults White - Brown Belts					
7:00	6:45 - 7:45 White - Orange Belt Adults	7:15 - 8:00 Open Adults Kung Fu	6:45 - 7:45 Purple - Brown Belt Adults			Martial Arts Weekend Retreat at Santee State Park				
8:00	8:00 - 9:00 Purple - Brown Belt Adults	8:00 - 9:00 Brown & Black Belt Class	8:00 - 9:00 White - Orange Belt Adults	7:45 - 9:00 Brown & Black Belt Class						