

Mount Pleasant Studio - Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
7:00							<i>Closed on Sundays</i>					
8:00												
9:00										9:00-10:00 Adult Tai Chi	9:00-9:30 Push Hands	<i>Seminars featuring Professor Bryant</i>
10:00											9:30-10:30 Adult Tai Chi	
11:00											10:30-11:00 Level 2 Tai Chi	<i>Seminars with Master Yao Li</i>
						11:00-12:00 Open Adults Conditioning & Sparring						
12:00	12:00-1:00 Open Adults White – Brown Belts	12:00-12:45 Rings Workout	12:00-1:00 Black Belt Class	12:00-1:00 Open Adults White – Brown Belts	12:00-1:00 Black Belt Class	12:00-1:00 White Belt Children						
1:00	<div style="text-align: center; font-size: 2em; font-weight: bold;"> 龍 蛇 虎 豹 鶴 </div>						1:00-2:00 Yellow & Up Children Sparring	<i>Tell a friend what Martial Arts have done for you!</i>				
2:00										2:00-3:00 Orange & Up Children Kung Fu		
3:00										3:00-3:45 Rings Workout	<i>Seminars with Master Joshua Grant</i>	
4:00										3:45-5:00 Open Adults Kung Fu Casual Dress		
4:15-5:15	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								
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			<i>Annual Tournament</i>					
6:00		6:15-7:15 Adult Tai Chi	6:45-7:45 Open Adults White – Brown Belts	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		7:30-8:30 Brown & Black Belt Class			<i>Martial Arts Retreats</i>					
8:00	8:00-9:00 Purple-Brown Belt Adults	8:00-9:00 Brown & Black Belt Class										

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