

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>
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						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					
4:00	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							
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 Open Adults White-Brown Belts	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 Brown & Black Belt Class									

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