

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 9:30-10:30 Adult Tai Chi | <i>Seminars featuring Professor Bryant</i> |
| 10:00 | | | | | | | | | | | | |
| 11:00 | | | | | | 11:00-11:45 Adult Sparring & Conditioning | <i>Seminars with Master Yao Li</i> | | | | | |
| 12:00 | 12:00-1:00 Open Adults White-Brown Belts | | 12:00-1:00 Brown & Black Belt Class | 12:00-1:00 Open Adults White-Brown Belts | 12:00-1:00 Brown & Black Belt Class | 12:00-12:45 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 | 4:15-5:15 White-Yellow 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 | | 4:00-5:00 Open Adults Kung Fu Casual Dress | | | | | | |
| 5:00 | | | | | | | <i>Annual Tournament</i> | | | | | |
| 6:00 | 5:30-6:30 Yellow-Orange Belt Children | 5:30-6:15 Adult Sparring & Conditioning | 5:30-6:30 White-Yellow Belt Children | 5:15-6:15 Yellow-Brown Belt Children | | | | | | | | |
| 7:00 | 6:45-7:45 Open Adults White-Brown Belts | 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 | | <i>Martial Arts Retreats</i> | | | | | |
| 8:00 | | 8:00-9:00 Brown & Black Belt Class | | 7:45-8:45 Brown & Black Belt Class | | | | | | | | |

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