

Mount Pleasant Studio - Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
7:00											
8:00											
9:00									9:00-10:00 Adult Tai Chi	9:00-9:30 Push Hands	Seminars featuring Professor Bryant
10:00										9:30-10:30 Adult Tai Chi	
11:00					11:00-11:45 Adult Sparring & Conditioning	Seminars with Master Yao Li					
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	12:00-1:00 Open Children Sparring/ Conditioning					
1:00						1:00-2:00 Orange & Up Children Kung Fu	1:00-2:00 Adult Tai Chi				
2:00						2:00-2:45 Rings Workout					
3:00						3:00-4:00 Open Adults Kung Fu	Seminars with Master Joshua Grant				
4:00						4:15-5:15 Orange-Purple Belt Children	4:15-5:15 Blue-Brown Belt Children	4:15-5:15 White- Yellow Belt Children	4:15-5:15 White-Yellow Belt Children		
5:00	5:30-6:30 White-Yellow Belt Children	5:30-6:15 Adult Sparring & Conditioning	5:30-6:30 Orange-Purple Belt Children	5:30-6:30 Blue-Brown Belt Children	5:00-6:00 Yellow-Brown Belt Children	Tell a friend what Martial Arts have done for you!					
6:00	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						
7:00		7:15-8:00 Open Adults Kung Fu					Martial Arts Retreats				
8:00		8:00-9:00 Brown & Black Belt Class		7:45-8:45 Brown & Black Belt Class							

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