

Jow Ga Shaolin Institute Headquarters Class Schedule



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1224				Tai Chi & Qigong 9:15–10:15am
	Sm Junior Kung	Sparring session each n all Tigers: Kung Fu Class Fu: Kung Fu classes for lung Fu: Kung Fu classes	ses for ages 6-11 Begin ages 6-15 with Yellow S	ners Sash or above	Advanced Tai Chi 10:15–10:45am
	CLOSED ON FEDERAL HOLIDAYS We also follow Fairfax County Public School's closings for inclement weather				Small Tigers ² 11:00–12:00pm
Tai Chi & Qigong 12:00–1:00pm		ior inciente	nt weather		Junior Kung Fu ² 12:00–1:00pm
					Kung Fu Int & Adv 1:00–2:30pm
					Kung Fu⁴ 2:30–4:00pm
	Small Tigers¹ 5:30-6:30pm	Junior Kung Fu⁴ 5:30-6:30pm	Small Tigers ³		
Tai Chi & Qigong 6:30–7:30pm	Kung Fu ² Beg & Int	Tai Chi & Qigong 6:30–7:30pm	6:00–7:00pm	Kung Fu 6:30–8:00pm	
	6:45–7:45pm	Advanced Tai Chi 7:30-8:00pm	Advanced Tai Chi Beg Kung Fu 7:15–8:15pm		
Kung Fu1 7:45–9:15pm	Advanced Kung Fu 8:00–9:00pm	Kung Fu ³ 8:00–9:30pm	Lion Dance		
			Training 8:30–9:30pm		