



Class Schedule
 武當山功夫和太极拳
 Wu Dang Kung Fu and Tai Chi



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tai Chi & Qi Gong 9:30-10:30am			Tai Chi & Qi Gong 9:30-10:30am		Tai Chi & Qi Gong 9:30-10:30am	Practice & Review 9:30-10:30am
Traditional Kung Fu Class 5-6:30pm	Traditional Kung Fu Class 4:30-6pm					
		Kung Fu Fitness 5:30-6:30pm	Traditional Kung Fu Class 5:30-7pm	Tai Chi Sword 6-7pm		
	Tai Chi & Meditation 6-7pm	Traditional And Combat Tai Chi 6:30-7:30pm				
			Tai Chi & Meditation 7-8pm			

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