

武  
术



功  
夫

# KUNG FU, TAI JI + QI GONG FALL SCHEDULE

## MONDAY

YOUTH KUNG FU 4:30-5:45P

QI GONG FOR HEALTH 6-7PM

## TUESDAY

QI GONG FOR HEALTH 8-9A

TAI JI QUAN 9-9:30A

## WEDNESDAY

YOUTH KUNG FU 4:30-5:45P

TAI JI QUAN 6-7PM

ADULT KUNG FU BASICS 7-8P

## THURSDAY

合元道 6-8p

## FRIDAY

ADULT KUNG FU BASICS 6-7P

ADULT KUNG FU ADVANCED 7-8P

## SATURDAY

QI GONG FOR HEALTH 8-9A

TAI JI QUAN 9-10A

练拳不练功一到老一  
场空

"SKILL WITHOUT A  
STRONG FOUNDATION  
WILL LEAD NOWHERE"