

SEQUOIA KUNG FU & YOGA | CLASS SCHEDULE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-8:15AM VINYASA YOGA		7:00-8:15AM HATHA YOGA			7:00-8:00AM GENTLE HATHA YOGA
8:30-9:30AM TAI JI QUAN	8:30-9:30AM SMILE YOGA	8:30-9:30AM TAI JI QUAN	8:30-9:30AM SMILE YOGA		8:15-9:30AM HATHA YOGA
					9:45-10:45AM TAI JI QUAN
	10:00-11:30AM KUNG FU/TAI JI OPEN TRAINING				11:00-12:15PM KUNG FU/TAI JI OPEN TRAINING
12:00PM -1:00PM LUNCHTIME GENTLE HATHA	12:00-1:00PM STRENGTH & MOVEMENT	12:00PM -1:00PM LUNCHTIME YOGA FLOW	12:00-1:00PM STRENGTH & MOVEMENT		PURPLE: YOGA PROGRAM GREEN: TAI JI PROGRAM YELLOW: KUNG FU PROGRAM LIGHT BLUE: OPEN TO ALL STUDENTS RED: KIDS KUNG FU
5:15-6:15PM KUNG FU	5:15-6:15PM TAI JI QUAN	5:15-6:15PM KUNG FU	4:00-5:30PM KUNG FU/TAI JI OPEN TRAINING		
6:30-7:45PM HATHA YOGA	6:30-7:45PM VINYASA YOGA	6:30-7:30PM CHINESE YOGA/QI GONG	6:30-7:45PM VINYASA YOGA		