

SEPTEMBER 2026



1 8am QIGONG
5:15 Short Series
6pm ADV Karate 4/5
7pm **CARDIO Circuit**
8pm REFINEMENT

2 8am QIGONG
5pm BEG Karate 2/3
+ bag gloves
6pm INT Karate 5/6
+ personal weapon
7pm ALL TAI CHI
8pm LONG FORM

3 8am QIGONG
5:15pm **Intro Karate**
6pm ADV Karate 5/6
+ personal weapon
7pm **CARDIO Circuit**
8pm SEASONAL

4 8am QIGONG

5 LABOR DAY

WEEKEND

STUDIO CLOSED

6

7 LABOR DAY

STUDIO CLOSED

8 8am QIGONG
5:15 Short Series
6pm ADV Karate 6/7
+ sparring gear
7pm **CARDIO Circuit**
8pm REFINEMENT

9 8am QIGONG
5pm BEG Karate 4/5
6pm INT Karate 7/8
+ sparring gear
+ bo
7pm ALL TAI CHI
8pm LONG FORM

10 8am QIGONG
5:15pm **Intro Karate**
6pm ADV Karate 7/8
+ sparring gear
+ bo
7pm **CARDIO Circuit**
8pm SEASONAL

11 8am QIGONG

12 **9am LDRSHP TEAM**
10am Black Belt Club
+ dulo dulo

13

14 8am QIGONG
5pm BEG Karate 5/6
6pm INT Karate 8/9
+ bo
7pm BEG. TAI CHI
8pm TAI CHI SWORD

15 8am QIGONG
5:15 Short Series
6pm ADV Karate 8/9
+ bo
7pm **CARDIO Circuit**
8pm REFINEMENT

16 8am QIGONG
5pm BEG Karate 6/1
6pm INT Karate 9/1
7pm ALL TAI CHI
8pm LONG FORM

17 8am QIGONG
5:15pm **Intro Karate**
6pm ADV Karate 9/1
7pm **CARDIO Circuit**
8pm SEASONAL

18 8am QIGONG

19 Golden Eagle
Challenge
Tournament, Galway,
NY

20

21 8am QIGONG
5pm BEG Karate 1/2
6pm INT Karate 1/2
7pm BEG. TAI CHI
8pm TAI CHI SWORD

22 8am QIGONG
5:15 Short Series
6pm ADV Karate 1/2
7pm **CARDIO Circuit**
8pm REFINEMENT

23 8am QIGONG
5pm BEG Karate 2/3
+ bag gloves
6pm INT Karate 2/3
+ bag gloves
7pm ALL TAI CHI
8pm LONG FORM

24 8am QIGONG
5:15pm **Intro Karate**
6pm ADV Karate 2/3
+ bag gloves
7pm **CARDIO Circuit**
8pm SEASONAL

25 8am QIGONG
6pm **TAI CHI PUSH HANDS & MARTIAL APPLICATIONS**
7pm **OPEN PUSH HANDS & SPARRING**

26 **9am SALON (Zoom)**

27

28 8am QIGONG
5pm BEG Karate 3/4
6pm INT Karate 3/4
7pm BEG. TAI CHI
8pm TAI CHI SWORD

29 8am QIGONG
5:15 Short Series
6pm ADV Karate 3/4
7pm **CARDIO Circuit**
8pm REFINEMENT

30 8am QIGONG
5pm BEG Karate 4/5
6pm INT Karate 4/5
7pm ALL TAI CHI
8pm LONG FORM

5pm & 6pm Karate
class curriculum
focus KEY:

1. blocks, stances,
footwork

2. strikes
3. kicks

4. balance, rolls/
breakfalls, ground
fighting

5. combos/individual
needs

6. kata
7. sparring
8. weapons

9. sliding, rolling,
flying, & specialty
kicks

OCTOBER 2026



				1 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 4/5 7pm CARDIO Circuit 8pm SEASONAL	2 8am QIGONG	3 9am LDRSHP TEAM 10am Black Belt Club + personal weapon
4	5 8am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 5/6 7pm BEG. TAI CHI 8pmTAI CHI SWORD	6 8am QIGONG 5:15 Short Series 6pm ADV Karate 5/6 7pm CARDIO Circuit 8pm REFINEMENT	7 8am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 6/7 + sparring gear 7pm ALL TAI CHI 8pm LONG FORM	8 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 6/7 + sparring gear 7pm CARDIO Circuit 8pm SEASONAL	9 8am QIGONG	10
11	12 8am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 7/8 + sparring gear + dulo dulo 7pm BEG. TAI CHI 8pmTAI CHI SWORD	13 8am QIGONG 5:15 Short Series 6pm ADV Karate 7/8 + sparring gear + dulo dulo 7pm CARDIO Circuit 8pm REFINEMENT	14 8am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 8/9 + dulo dulo 7pm ALL TAI CHI 8pm LONG FORM	15 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 8/9 + dulo dulo 7pm CARDIO Circuit 8pm SEASONAL	16 8am QIGONG	17
18	19 8am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 9/1 7pm BEG. TAI CHI 8pmTAI CHI SWORD	20 8am QIGONG 5:15 Short Series 6pm ADV Karate 9/1 7pm CARDIO Circuit 8pm REFINEMENT	21 8am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 1/2 7pm ALL TAI CHI 8pm LONG FORM	22 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 1/2 7pm CARDIO Circuit 8pm SEASONAL	23 8am QIGONG	24 9am SALON (Zoom)
25	26 8am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 2/3 + bag gloves 7pm BEG. TAI CHI 8pmTAI CHI SWORD	27 8am QIGONG 5:15 Short Series 6pm ADV Karate 2/3 + bag gloves 7pm CARDIO Circuit 8pm REFINEMENT	28 8am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 3/4 7pm ALL TAI CHI 8pm LONG FORM	29 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 3/4 7pm CARDIO Circuit 8pm SEASONAL	30 8am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	31
5pm & 6pm Karate class curriculum focus KEY:	1. blocks, stances, footwork	2. strikes 3. kicks	4. balance, rolls/ breakfalls, ground fighting	5. combos/individual needs	6. kata 7. sparring 8. weapons	9. sliding, rolling, flying, & specialty kicks

1	2 8am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 4/5 7pm BEG. TAI CHI 8pm TAI CHI SWORD	3 8am QIGONG 5:15 Short Series 6pm ADV Karate 4/5 7pm CARDIO Circuit 8pm REFINEMENT	4 8am QIGONG 5pm BEG Karate 2/3 6pm INT Karate 5/6 7pm ALL TAI CHI 8pm LONG FORM	5 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 5/6 7pm CARDIO Circuit 8pm SEASONAL	6 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada	7 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada
8 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada	9 8am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 6/7 + sparring gear 7pm BEG. TAI CHI 8pm TAI CHI SWORD	10 8am QIGONG 5:15 Short Series 6pm ADV Karate 6/7 + sparring gear 7pm CARDI Circuit 8pm REFINEMENT	11 8am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 7/8 + sparring gear + sai and tonfa 7pm ALL TAI CHI 8pm LONG FORM	12 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 7/8 + sparring gear + sai and tonfa 7pm CARDIO Circuit 8pm SEASONAL	13 8am QIGONG	14 Diamond Valley Classic Tournament, Herkimer, NY
15	16 8am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 8/9 + sai and tonfa 7pm BEG. TAI CHI 8pm TAI CHI SWORD	17 8am QIGONG 5:15 Short Series 6pm ADV Karate 8/9 + sai and tonfa 7pm CARDIO Circuit 8pm REFINEMENT	18 8am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 9/1 7pm ALL TAI CHI 8pm LONG FORM	19 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 9/1 7pm CARDIO Circuit 8pm SEASONAL	20 8am QIGONG	21 9am LDRSHIP TEAM 10am Black Belt Club + bo
22	23 8am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 1/2 7pm BEG. TAI CHI 8pm TAI CHI SWORD	24 8am QIGONG 5:15 Short Series 6pm ADV Karate 1/2 7pm CARDIO Circuit 8pm REFINEMENT	25 <u>STUDIO</u> <u>CLOSED</u>	26 <u>STUDIO</u> <u>CLOSED</u>	27 8am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	28 9am SALON (LIVE) 10am TESTING/ OPEN HOUSE/ HOLIDAY SALE
29	30 8am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 3/4 7pm BEG. TAI CHI 8pm TAI CHI SWORD	NOVEMBER 2026				
5pm & 6pm Karate class curriculum focus KEY:	1. blocks, stances, footwork	2. strikes 3. kicks	4. balance, rolls/ breakfalls, ground fighting	5. combos/individual needs	6. kata 7. sparring 8. weapons	9. sliding, rolling, flying, & specialty kicks



DECEMBER 2026

		1 8am QIGONG 5:15 Short Series 6pm ADV Karate 3/4 7pm CARDIO Circuit 8pm REFINEMENT	2 8am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 4/5 7pm ALL TAI CHI 8pm LONG FORM	3 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 4/5 7pm CARDIO Circuit 8pm SEASONAL	4 8am QIGONG 5:30-8pm KID'S NIGHT OUT	5 9am LDRSHP TEAM 10am Black Belt Club + nunchaku
6	7 8am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 5/6 + personal weapon 7pm BEG. TAI CHI 8pm TAI CHI SWORD	8 8am QIGONG 5:15 Short Series 6pm ADV Karate 5/6 + personal weapon 7pm CARDIO Circuit 8pm REFINEMENT	9 8am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 6/7 + sparring gear 7pm ALL TAI CHI 8pm LONG FORM	10 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 6/7 + sparring gear 7pm CARDIO Circuit 8pm SEASONAL	11 8am QIGONG	12
13	14 8am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 7/8 + sparring gear + escrima 7pm BEG. TAI CHI 8pm TAI CHI SWORD	15 8am QIGONG 5:15 Short Series 6pm ADV Karate 7/8 + sparring gear + escrima 7pm CARDIO Circuit 8pm REFINEMENT	16 8am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 8/9 + katana 7pm ALL TAI CHI 8pm LONG FORM	17 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 8/9 + katana 7pm CARDIO Circuit 8pm SEASONAL	18 8am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	19 9am SALON (Zoom)
20	21 <u>STUDIO</u> <u>CLOSED</u>	22 <u>STUDIO</u> <u>CLOSED</u>	23 <u>STUDIO</u> <u>CLOSED</u>	24 <u>STUDIO</u> <u>CLOSED</u>	25 <u>STUDIO</u> <u>CLOSED</u>	26
27	28 8am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 9/1 7pm BEG. TAI CHI 8pm TAI CHI SWORD	29 8am QIGONG 5:15 Short Series 6pm ADV Karate 9/1 7pm CARDIO Circuit 8pm REFINEMENT	30 8am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 1/2 7pm ALL TAI CHI 8pm LONG FORM	31 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 1/2 7pm CARDIO Circuit 8pm SEASONAL		
5pm & 6pm Karate class curriculum focus KEY:	1. blocks, stances, footwork	2. strikes 3. kicks	4. balance, rolls/ breakfalls, ground fighting	5. combos/individual needs	6. kata 7. sparring 8. weapons	9. sliding, rolling, flying, & specialty kicks

JANUARY 2027



					1 8am QIGONG	2 9am LDRSHP TEAM 10am Black Belt Club (kata) 11am-4pm BOARD GAME DAY
3	4 8am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 2/3 + bag gloves 7pm BEG. TAI CHI 8pm TAI CHI SWORD	5 8am QIGONG 5:15 Short Series 6pm ADV Karate 2/3 + bag gloves 7pm CARDIO Circuit 8pm REFINEMENT	6 8am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 3/4 7pm ALL TAI CHI 8pm LONG FORM	7 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 3/4 7pm CARDIO Circuit 8pm SEASONAL	8 8am QIGONG	9 10-11am OPEN MAT
10	11 8am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 4/5 7pm BEG. TAI CHI 8pm TAI CHI SWORD	12 8am QIGONG 5:15 Short Series 6pm ADV Karate 4/5 7pm CARDIO Circuit 8pm REFINEMENT	13 8am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 5/6 7pm ALL TAI CHI 8pm LONG FORM	14 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 5/6 7pm CARDIO Circuit 8pm SEASONAL	15 8am QIGONG	16
17	18 8am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 6/7 + sparring gear 7pm BEG. TAI CHI 8pm TAI CHI SWORD	19 8am QIGONG 5:15 Short Series 6pm ADV Karate 6/7 + sparring gear 7pm CARDIO Circuit 8pm REFINEMENT	20 8am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 7/8 + sparring gear + kama 7pm ALL TAI CHI 8pm LONG FORM	21 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 7/8 + sparring gear + kama 7pm CARDIO Circuit 8pm SEASONAL	22 8am QIGONG	23 9am SALON (Zoom)
24 31	18 8am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 8/9 + bo 7pm BEG. TAI CHI 8pm TAI CHI SWORD	19 8am QIGONG 5:15 Short Series 6pm ADV Karate 8/9 + bo 7pm CARDIO Circuit 8pm REFINEMENT	20 8am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 9/1 7pm ALL TAI CHI 8pm LONG FORM	21 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 9/1 7pm CARDIO Circuit 8pm SEASONAL	29 8am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	30
	1. blocks, stances, footwork	2. strikes 3. kicks	4. balance, rolls/ breakfalls, ground fighting	5. combos/individual needs	6. kata 7. sparring 8. weapons	9. sliding, rolling, flying, & specialty kicks

FEBRUARY 2027



	1 8am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 1/2 7pm BEG. TAI CHI 8pm TAI CHI SWORD	2 8am QIGONG 5:15 Short Series 6pm ADV Karate 1/2 7pm CARDIO Circuit 8pm REFINEMENT	3 8am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 2/3 + bag gloves 7pm ALL TAI CHI 8pm LONG FORM	4 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 2/3 + bag gloves 7pm CARDIO Circuit 8pm SEASONAL	5 8am QIGONG	6 9am LDRSHP TEAM 10am Black Belt Club (kata and bo) 11am TESTING
7	8 8am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 3/4 7pm BEG. TAI CHI 8pm TAI CHI SWORD	9 8am QIGONG 5:15 Short Series 6pm ADV Karate 3/4 7pm CARDIO Circuit 8pm REFINEMENT	10 8am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 4/5 7pm ALL TAI CHI 8pm LONG FORM	11 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 4/5 7pm CARDIO Circuit 8pm SEASONAL	12 8am QIGONG	13
14	15 8am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 5/6 + personal weapon 7pm BEG. TAI CHI 8pm TAI CHI SWORD	16 8am QIGONG 5:15 Short Series 6pm ADV Karate 5/6 + personal weapon 7pm CARDIO Circuit 8pm REFINEMENT	17 8am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 6/7 + sparring gear 7pm ALL TAI CHI 8pm LONG FORM	18 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 6/7 + sparring gear 7pm CARDIO Circuit 8pm SEASONAL	19 8am QIGONG	20 GGM Chen's 94th Birthday
21/28	22 8am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 7/8 + sparring gear + nunchaku 7pm BEG. TAI CHI 8pm TAI CHI SWORD	23 8am QIGONG 5:15 Short Series 6pm ADV Karate 7/8 + sparring gear + nunchaku 7pm CARDIO Circuit 8pm REFINEMENT	24 8am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 8/9 + personal weapon 7pm ALL TAI CHI 8pm LONG FORM	25 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 8/9 + personal weapon 7pm CARDIO Circuit 8pm SEASONAL	26 8am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	27 9am SALON (Zoom)
	1. blocks, stances, footwork	2. strikes 3. kicks	4. balance, rolls/ breakfalls, ground fighting	5. combos/individual needs	6. kata 7. sparring 8. weapons	9. sliding, rolling, flying, & specialty kicks

MARCH 2027

	1 8am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 9/1 7pm BEG. TAI CHI 8pm TAI CHI SWORD	2 8am QIGONG 5:15 Short Series 6pm ADV Karate 9/1 7pm CARDIO Circuit 8pm REFINEMENT	3 8am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 1/2 7pm ALL TAI CHI 8pm LONG FORM	4 8am QIGONG 5:15 pm Intro Karate 6pm ADV Karate 1/2 7pm CARDIO Circuit 8pm SEASONAL	5 8am QIGONG	6 9am LDRSHP TEAM 10am Black Belt Club + escrima
7	8 8am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 2/3 + bag gloves 7pm BEG. TAI CHI 8pm TAI CHI SWORD	9 8am QIGONG 5:15 Short Series 6pm ADV Karate 2/3 + bag gloves 7pm CARDIO Circuit 8pm REFINEMENT	10 8am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 3/4 7pm ALL TAI CHI 8pm LONG FORM	11 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 3/4 7pm CARDIO Circuit 8pm SEASONAL	12 9am QIGONG	13
14	15 8am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 4/5 7pm BEG. TAI CHI 8pm TAI CHI SWORD	16 8am QIGONG 5:15 Short Series 6pm ADV Karate 4/5 7pm CARDIO Circuit 8pm REFINEMENT	17 8am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 5/6 + personal weapon 7pm ALL TAI CHI 8pm LONG FORM	18 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 5/6 + personal weapon 7pm CARDIO Circuit 8pm SEASONAL	19 9am QIGONG	20
21	22 8am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 6/7 + sparring gear 7pm BEG. TAI CHI 8pm TAI CHI SWORD	23 8am QIGONG 5:15 Short Series 6pm ADV Karate 6/7 + sparring gear 7pm CARDIO Circuit 8pm REFINEMENT	24 8am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 7/8 + sparring gear + dulo dulo 7pm ALL TAI CHI 8pm LONG FORM	25 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 7/8 + sparring gear + dulo dulo 7pm CARDIO Circuit 8pm SEASONAL	26 8am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	27 9am SALON (Zoom)
28	29 8am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 8/9 + bo 7pm BEG. TAI CHI 8pm TAI CHI SWORD	30 8am QIGONG 5:15 Short Series 6pm ADV Karate 8/9 + bo 7pm CARDIO Circuit 8pm REFINEMENT	31 8am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 9/1 7pm ALL TAI CHI 8pm LONG FORM			
	1. blocks, stances, footwork	2. strikes 3. kicks	4. balance, rolls/ breakfalls, ground fighting	5. combos/individual needs	6. kata 7. sparring 8. weapons	9. sliding, rolling, flying, & specialty kicks

APRIL 2027

				1 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 9/1 7pm CARDIO Circuit 8pm SEASONAL	2 8am QIGONG	3 9am LDRSHP TEAM 10am Black Belt Club + personal weapon
4	5 8am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 1/2 7pm BEG. TAI CHI 8pm TAI CHI SWORD	6 8am QIGONG 5:15pm Short Series 6pm ADV Karate 1/2 7pm CARDIO Circuit 8pm REFINEMENT	7 8am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 2/3 + bag gloves 7pm ALL TAI CHI 8pm LONG FORM	8 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 2/3 + bag gloves 7pm CARDIO Circuit 8pm SEASONAL	9 8am QIGONG	10
11	12 8am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 3/4 7pm BEG. TAI CHI 8pm TAI CHI SWORD	13 8am QIGONG 5:15 Short Series 6pm ADV Karate 3/4 7pm CARDIO Circuit 8pm REFINEMENT	14 8am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 4/5 + personal weapon 7pm ALL TAI CHI 8pm LONG FORM	15 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 4/5 + personal weapon 7pm CARDIO Circuit 8pm SEASONAL	16 8am QIGONG	17
18	19 8am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 5/6 7pm BEG. TAI CHI 8pm TAI CHI SWORD	20 8am QIGONG 5:15 Short Series 6pm ADV Karate 5/6 7pm CARDIO Circuit 8pm REFINEMENT	21 8am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 6/7 + sparring gear 7pm ALL TAI CHI 8pm LONG FORM	22 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 6/7 + sparring gear 7pm CARDIO Circuit SEASONAL	23 8am QIGONG	24 9am SALON (Zoom & in studio) 10am WORLD TAI CHI & QIGONG DAY
25	26 8am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 7/8 + sparring gear + dulo dulo 7pm BEG. TAI CHI 8pm TAI CHI SWORD	27 8am QIGONG 5:15 Short Series 6pm ADV Karate 7/8 + sparring gear + dulo dulo 7pm CARDIO Circuit 8pm REFINEMENT	28 8am QIGONG 5pm BEG Karate 2/3 6pm INT Karate 8/9 + escrima 7pm ALL TAI CHI 8pm LONG FORM	29 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 8/9 + escrima 7pm CARDIO Circuit 8pm SEASONAL	30 8am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	
	1. blocks, stances, footwork	2. strikes 3. kicks	4. balance, rolls/ breakfalls, ground fighting	5. combos/individual needs	6. kata 7. sparring 8. weapons	9. sliding, rolling, flying, & specialty kicks

MAY
2026



						1 9am LDRSHP TEAM 10am Black Belt Club + bo 11am TESTING
2	3 8am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 9/1 7pm BEG. TAI CHI 8pm TAI CHI SWORD	4 8am QIGONG 5:15 Short Series 6pm ADV Karate 9/1 7pm CARDIO Circuit 8pm REFINEMENT	5 8am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 1/2 7pm ALL TAI CHI 8pm LONG FORM	6 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 1/2 7pm Cardio Circuit 8pm SEASONAL	7 8am QIGONG	8
9	10 8am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 2/3 + bag gloves 7pm BEG. TAI CHI 8pm TAI CHI SWORD	11 8am QIGONG 5:15 Short Series 6pm ADV Karate 2/3 + bag gloves 7pm Cardio Circuit 8pm REFINEMENT	12 8am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 3/4 7pm ALL TAI CHI 8pm LONG FORM	13 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 3/4 7pm Cardio Circuit 8pm SEASONAL	14 8am QIGONG	15 Saratoga Martial Arts Festival (SMAF), Holiday Inn, Saratoga Springs, NY 8am-5pm
16 Saratoga Martial Arts Festival (SMAF), Holiday Inn, Saratoga Springs, NY 8am-1pm	17 8am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 4/5 7pm BEG. TAI CHI 8pm TAI CHI SWORD	18 8am QIGONG 5:15 Short Series 6pm ADV Karate 4/5 7pm Cardio Circuit 8pm REFINEMENT	19 8am QIGONG 5pm BEG Karate 2/3 6pm INT Karate 5/6 + personal weapon 7pm ALL TAI CHI 8pm LONG FORM	20 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 5/6 + personal weapon 7pm Cardio Circuit 8pm SEASONAL	21 8am QIGONG	22 9am SALON (Zoom)
23 30	24 8am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 6/7 + sparring gear 7pm BEG. TAI CHI 8pm TAI CHI SWORD ----- 31 MEMORIAL DAY STUDIO CLOSED NO CLASSES	25 8am QIGONG 5:15 Short Series 6pm ADV Karate 6/7 + sparring gear 7pm Cardio Circuit 8pm REFINEMENT	26 8am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 7/8 + sparring gear + katana 7pm ALL TAI CHI 8pm LONG FORM	27 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 7/8 + sparring gear + katana 7pm Cardio Circuit 8pm SEASONAL	28 8am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	29
	1. blocks, stances, footwork	2. strikes 3. kicks	4. balance, rolls/ breakfalls, ground fighting	5. combos/individual needs	6. kata 7. sparring 8. weapons	9. sliding, rolling, flying, & specialty kicks

JUNE 2027

		1 8am QIGONG 5:15 Short Series 6pm ADV Karate 8/9 + nunchaku 7pm CARDIO Circuit 8pm REFINEMENT	2 8am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 9/1 7pm ALL TAI CHI 8pm LONG FORM	3 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 9/1 7pm CARDIO Circuit 8pm SEASONAL	4 8am QIGONG	5 9am LDRSH TEAM 10am Black Belt Club + bag gloves
6	7 8am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 1/2 7pm BEG. TAI CHI 8pm TAI CHI SWORD	8 8am QIGONG 5:15 Short Series 6pm ADV Karate 1/2 7pm CARDIO Circuit 8pm REFINEMENT	9 8am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 2/3 + bag gloves 7pm ALL TAI CHI 8pm LONG FORM	10 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 2/3 + bag gloves 7pm CARDIO Circuit 8pm SEASONAL	11 8am QIGONG	12
13	14 8am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 3/4 7pm BEG. TAI CHI 8pm TAI CHI SWORD	15 8am QIGONG 5:15 Short Series 6pm ADV Karate 3/4 7pm CARDIO Circuit 8pm REFINEMENT	16 8am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 4/5 7pm ALL TAI CHI 8pm LONG FORM	17 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 4/5 7pm CARDIO Circuit 8pm SEASONAL	18 8am QIGONG Super Summer Seminars Martial Arts Camp 5-7pm KIDS 5-8pm ADULTS	19 Super Summer Seminars Martial Arts ADULT Camp 9am-5pm
20	21 8am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 5/6 7pm BEG. TAI CHI 8pm TAI CHI SWORD	22 8am QIGONG 5:15 Short Series 6pm ADV Karate 5/6 7pm CARDIO Circuit 8pm REFINEMENT	23 8am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 6/7 + sparring gear 7pm ALL TAI CHI 8pm LONG FORM	24 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 6/7 + sparring gear 7pm CARDIO Circuit 8pm SEASONAL	25 8am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	26 9am SALON (Zoom)
27	28 8am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 7/8 + sparring gear + dulo dulo 7pm BEG. TAI CHI 8pm TAI CHI SWORD	29 8am QIGONG 5:15 Short Series 6pm ADV Karate 7/8 + sparring gear + dulo dulo 7pm CARDIO Circuit 8pm REFINEMENT	30 8am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 8/9 + dulo dulo 7pm ALL TAI CHI 8pm LONG FORM			
	1. blocks, stances, footwork	2. strikes 3. kicks	4. balance, rolls/ breakfalls, ground fighting	5. combos/individual needs	6. kata 7. sparring 8. weapons	9. sliding, rolling, flying, & specialty kicks

JULY
2027



1 8am QIGONG
5:15pm Intro Karate
6pm ADV Karate 8/9
+ dulo dulo
7pm CARDIO Circuit
8pm SEASONAL

2 8am QIGONG

3
9am LDRSHP TEAM
10am Black Belt
Club
+ sai and tonfa

4	STUDIO CLOSED	5	STUDIO CLOSED	6	STUDIO CLOSED	7	STUDIO CLOSED	8	STUDIO CLOSED	9	STUDIO CLOSED	10	STUDIO CLOSED
11	12 8am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 9/1 7pm BEG. TAI CHI 8pmTAI CHI SWORD	13 8am QIGONG 5:15 Short Series 6pm ADV Karate 9/1 7pm CARDIO Circuit 8pm REFINEMENT	14 8am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 1/2 7pm ALL TAI CHI 8pm LONG FORM	15 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 1/2 7pm CARDIO Circuit 8pm SEASONAL	16 8am QIGONG	17							
18	19 8am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 2/3 + bag gloves 7pm BEG. TAI CHI 8pmTAI CHI SWORD	20 8am QIGONG 5:15 Short Series 6pm ADV Karate 2/3 + bag gloves 7pm CARDIO Circuit 8pm REFINEMENT	21 8am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 3/4 7pm ALL TAI CHI 8pm LONG FORM	22 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 3/4 7pm CARDIO Circuit 8pm SEASONAL	23 8am QIGONG	24 9am SALON (Zoom)							
25	26 8am QIGONG 9am-noon/4pm KAMMP 5pm BEG Karate 1/2 6pm INT Karate 4/5 7pm BEG. TAI CHI 8pmTAI CHI SWORD	27 8am QIGONG 9am-noon/4pm KAMMP 5:15 Short Series 6pm ADV Karate 4/5 7pm CARDIO Circuit 8pm REFINEMENT	28 8am QIGONG 9am-noon/4pm KAMMP 5pm BEG Karate 2/3 6pm INT Karate 5/6 7pm ALL TAI CHI 8pm LONG FORM	29 8am QIGONG 9am-noon/4pm KAMMP 5:15pm Intro Karate 6pm ADV Karate 5/6 7pm CARDIO Circuit 8pm SEASONAL	30 8am QIGONG 9am-noon/4pm KAMMP 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	31							
	1. blocks, stances, footwork	2. strikes 3. kicks	4. balance, rolls/ breakfalls, ground fighting	5. combos/individual needs	6. kata 7. sparring 8. weapons	9. sliding, rolling, flying, & specialty kicks							

1	AUGUST 2027	2 8am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 6/7 + sparring gear 7pm BEG. TAI CHI 8pm TAI CHI SWORD	3 8am QIGONG 5:15 Short Series 6pm ADV Karate 6/7 + sparring gear 7pm CARDIO Circuit 8pm REFINEMENT	4 8am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 7/8 + sparring gear + personal weapon 7pm ALL TAI CHI 8pm LONG FORM	5 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 7/8 + sparring gear + personal weapon 7pm CARDIO Circuit 8pm SEASONAL	6 8am QIGONG	7 9am LDRSHP TEAM 10am Black Belt Club + kama 11am TESTING
8		9 8am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 8/9 + bo 7pm BEG. TAI CHI 8pm TAI CHI SWORD	10 8am QIGONG 5:15 Short Series 6pm ADV Karate 8/9 + bo 7pm CARDIO Circuit 8pm REFINEMENT	11 8am QIGONG 5pm BEG Karate 6/1 + bag gloves 6pm INT Karate 9/1 7pm ALL TAI CHI 8pm LONG FORM	12 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 9/1 7pm CARDIO Circuit 8pm SEASONAL	13 8am QIGONG	14 Northeast Open Martial Arts Tournament & Showcase, Albany, NY(?)
15		16 8am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 1/2 7pm BEG. TAI CHI 8pm TAI CHI SWORD	17 8am QIGONG 5:15 Short Series 6pm ADV Karate 1/2 7pm CARDIO Circuit 8pm REFINEMENT	18 8am QIGONG 5pm BEG Karate 2/3 6pm INT Karate 2/3 7pm ALL TAI CHI 8pm LONG FORM	19 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 2/3 7pm CARDIO Circuit 8pm SEASONAL	20 8am QIGONG	21 9am SALON (Zoom)
22		23 8am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 3/4 + bag gloves 7pm BEG. TAI CHI 8pm TAI CHI SWORD	24 8am QIGONG 5:15 Short Series 6pm ADV Karate 3/4 + bag gloves 7pm CARDIO Circuit 8pm REFINEMENT	25 8am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 4/5 7pm ALL TAI CHI 8pm LONG FORM	26 8am QIGONG 5:15pm Intro Karate 6pm ADV Karate 4/5 7pm CARDIO Circuit 8pm SEASONAL	27 8am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	28
29		30 8am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 5/6 7pm BEG. TAI CHI 8pm TAI CHI SWORD	31 8am QIGONG 5:15 Short Series 6pm ADV Karate 5/6 7pm CARDIO Circuit 8pm REFINEMENT				
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