

NOVEMBER 2025



						1 9am Leadership Team 10am Black Belt Club +nunchaku
2	3 9am Daily Qigong 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 8/9 + nunchaku 7pm Tai Chi Chuan Beginner	4 9am Daily Qigong 5pm Lvl. 2 Karate 8/9 + nunchaku 6pm Lvl. 4 Karate 8/9 + nunchaku 7pm Circuit Training 8pm Sword & Form Refinement	5 9am Daily Qigong 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 9/1 7pm Tai Chi Chuan All Level	6 9am Daily Qigong 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Qigong All Level	7 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada	8 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada
9 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada	10 9am Daily Qigong 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 1/2 7pm Tai Chi Chuan Beginner	11 9am Daily Qigong 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Sword & Form Refinement	12 9am Daily Qigong 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai Chi Chuan All Level	13 9am Daily Qigong 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Qigong All Level	14	15 Diamond Valley Classic Tournament, Herkimer, NY
16	17 9am Daily Qigong 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 3/4 7pm Tai Chi Chuan Beginner	18 9am Daily Qigong 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Sword & Form Refinement	19 9am Daily Qigong 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 4/5 7pm Tai Chi Chuan All Level	20 9am Daily Qigong 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Qigong All Level	21	22 9am Salon (Zoom)
23	24 9am Daily Qigong 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 5/6 7pm Tai Chi Chuan Beginner	25 9am Daily Qigong 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Sword & Form Refinement	26 <u>STUDIO</u> <u>CLOSED</u>	27 <u>STUDIO</u> <u>CLOSED</u>	28 9am Daily Qigong 6pm Push Hands & Martial Applications 7pm Push Hands & Sparring	29 10am TESTING, OPEN HOUSE, & HOLIDAY SALE
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 2025

	1 9am Daily Qigong 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 7/8 + spar gear/dulo dulo 7pm Tai Chi Chuan Beginner	2 9am Daily Qigong 5pm Lvl. 2 Karate 7/8 + spar gear/dulo dulo 6pm Lvl. 4 Karate 7/8 + spar gear/dulo dulo 7pm Circuit Training 8pm Sword & Form Refinement	3 9am Daily Qigong 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 8/9 + personal weapon 7pm Tai ChiChuan All Level	4 9am Daily Qigong 5pm Lvl. 2 Karate 8/9 + personal weapon 6pm Lvl. 4 Karate 8/9 + personal weapon 7pm Circuit Training 8pm Qigong All Level	5 9am Daily Qigong 5:30-8pm KID'S NIGHT OUT	6 9am Leadership Team 10am Black Belt Club + dulo dulo 11am-4pm BOARD GAME DAY
7	8 9am Daily Qigong 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 9/1 7pm Tai Chi Chuan Beginner	9 9am Daily Qigong 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Sword & Form Refinement	10 9am Daily Qigong 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 1/2 7pm Tai ChiChuan All Level	11 9am Daily Qigong 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Qigong All Level	12 9am Daily Qigong	13
14	15 9am Daily Qigong 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai Chi Chuan Beginner	16 9am Daily Qigong 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Sword & Form Refinement	17 9am Daily Qigong 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 3/4 7pm Tai ChiChuan All Level	18 9am Daily Qigong 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Qigong All Level	19 9am Daily Qigong 6pm Push Hands and Martial Applications 7pm Push Hands & Sparring	20 9am Salon (Zoom)
21	22 <u>STUDIO CLOSED</u>	23 <u>STUDIO CLOSED</u>	24 <u>STUDIO CLOSED</u>	25 <u>STUDIO CLOSED</u>	26 <u>STUDIO CLOSED</u>	27
28	29 9am Daily Qigong 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm Tai Chi Chuan Beginner	30 9am Daily Qigong 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Sword & Form Refinement	31 9am Daily Qigong 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 7/8 + sparring gear 7pm Tai ChiChuan All Level			
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 2026



1 9am Daily Qigong
5pm Lvl. 2 Karate 7/8
+ sparring gear
6pm Lvl. 4 Karate 7/8
+ sparring gear
7pm Circuit Training
8pm Qigong **All Level**

2 9am Daily Qigong

3 9am Leadership Team
10am Black Belt Club
+ notebooks

4	5 9am Daily Qigong 5pm Lvl. 1 Karate 2/3 6pm Lvl. 3 Karate 8/9 + personal weapon 7pm Tai Chi Chuan Beginner	6 9am Daily Qigong 5pm Lvl. 2 Karate 8/9 + personal weapon 6pm Lvl. 4 Karate 8/9 + personal weapon 7pm Circuit Training 8pm Sword & Form Refinement	7 9am Daily Qigong 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 9/1 7pm Tai ChiChuan All Level	8 9am Daily Qigong 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Qigong All Level	9 9am Daily Qigong	10 10-11am OPEN MAT
11	12 9am Daily Qigong 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 1/2 7pm Tai Chi Chuan Beginner	13 9am Daily Qigong 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Sword & Form Refinement	14 9am Daily Qigong 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai ChiChuan All Level	15 9am Daily Qigong 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Qigong All Level	16 9am Daily Qigong	17
18	19 9am Daily Qigong 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 3/4 7pm Tai Chi Chuan Beginner	20 9am Daily Qigong 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Sword & Form Refinement	21 9am Daily Qigong 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 4/5 7pm Tai ChiChuan All Level	22 9am Daily Qigong 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Qigong All Level	23 9am Daily Qigong	24 9am Salon (Zoom)
25	26 9am Daily Qigong 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 5/6 7pm Tai Chi Chuan Beginner	27 9am Daily Qigong 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Sword & Form Refinement	28 9am Daily Qigong 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm Tai ChiChuan All Level	29 9am Daily Qigong 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Qigong All Level	30 9am Daily Qigong 6pm Push Hands and Martial Applications 7pm 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

FEBRUARY 2026



1	2 9am Daily Qigong 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 7/8 + sparring gear + personal weapon 7pm Tai Chi Chuan Beginner	3 9am Daily Qigong 5pm Lvl. 2 Karate 7/8 + sparring gear + personal weapon 6pm Lvl. 4 Karate 7/8 + sparring gear + personal weapon 7pm Circuit Training 8pm Sword & Form Refinement	4 9am Daily Qigong 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 8/9 + personal weapon 7pm Tai ChiChuan All Level	5 9am Daily Qigong 5pm Lvl. 2 Karate 8/9 + personal weapon 6pm Lvl. 4 Karate 8/9 + personal weapon 7pm Circuit Training 8pm Qigong All Level	6 9am Daily Qigong	7 9am Leadership Team 10am Black Belt Club + dulo dulo 11am TESTING
8	9 9am Daily Qigong 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 9/1 7pm Tai Chi Chuan Beginner	10 9am Daily Qigong 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Sword & Form Refinement	11 9am Daily Qigong 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 1/2 7pm Tai ChiChuan All Level	12 9am Daily Qigong 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Qigong All Level	13 9am Daily Qigong	14
15	16 9am Daily Qigong 3-5pm Tai Chi Mini-K.A.M.P. 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai Chi Chuan Beginner	17 9am Daily Qigong 3-5pm Origami Workshop 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Sword & Form Refinement	18 9am Daily Qigong 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 3/4 7pm Tai ChiChuan All Level	19 9am Daily Qigong 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Qigong All Level	20 9am Daily Qigong	21
22	23 9am Daily Qigong 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 4/5 7pm Tai Chi Chuan Beginner	24 9am Daily Qigong 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Sword & Form Refinement	25 9am Daily Qigong 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 5/6 7pm Tai ChiChuan All Level	26 9am Daily Qigong 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Qigong All Level	27 9am Daily Qigong 6pm Push Hands and Martial Applications 7pm Push Hands and Sparring	28 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 2026

1	2 9am Daily Qigong 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm Tai Chi Chuan Beginner	3 9am Daily Qigong 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Sword & Form Refinement	4 9am Daily Qigong 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 7/8 + sparring gear + personal weapon 7pm Tai Chi Chuan All Level	5 9am Daily Qigong 5pm Lvl. 2 Karate 7/8 + sparring gear + personal weapon 6pm Lvl. 4 Karate 7/8 + sparring gear + personal weapon 7pm Circuit Training 8pm Qigong All Level	6 9am Daily Qigong	7 9am Leadership Team 10am Black Belt Club + escrima
8	9 9am Daily Qigong 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 8/9 + bo 7pm Tai Chi Chuan Beginner	10 9am Daily Qigong 5pm Lvl. 2 Karate 8/9 + bo 6pm Lvl. 4 Karate 8/9 + bo 7pm Circuit Training 8pm Sword & Form Refinement	11 9am Daily Qigong 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 9/1 7pm Tai Chi Chuan All Level	12 9am Daily Qigong 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Qigong All Level	13 9am Daily Qigong	14 10am Open Mat
15	16 9am Daily Qigong 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 1/2 7pm Tai Chi Chuan Beginner	17 9am Daily Qigong 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Sword & Form Refinement	18 9am Daily Qigong 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai Chi Chuan All Level	19 9am Daily Qigong 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Qigong All Level	20 9am Daily Qigong	21
22	23 9am Daily Qigong 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 3/4 7pm Tai Chi Chuan Beginner	24 9am Daily Qigong 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Sword & Form Refinement	25 9am Daily Qigong 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 4/5 7pm Tai Chi Chuan All Level	26 9am Daily Qigong 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Qigong All Level	27 9am Daily Qigong 6pm Push Hands and Martial Applications 7pm Push Hands and Sparring	28 9am Salon (Zoom)
29	30 9am Daily Qigong 5pm Lvl. 1 Karate 2/3 6pm Lvl. 3 Karate 5/6 7pm Tai Chi Chuan Beginner	31 9am Daily Qigong 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Sword & Form Refinement				
	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 2026

			1 9am Daily Qigong 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm Tai ChiChuan All Level	2 9am Daily Qigong 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Qigong All Level	3 9am Daily Qigong	4 9am Leadership Team 10am Black Belt Club + personal weapon
5	6 9am Daily Qigong 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 7/8 + sparring gear + personal weapon 7pm Tai Chi Chuan Beginner	7 9am Daily Qigong 5pm Lvl. 2 Karate 7/8 + sparring gear + personal weapon 6pm Lvl. 4 Karate 7/8 + sparring gear + personal weapon 7pm Circuit Training 8pm Sword & Form Refinement	8 9am Daily Qigong 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 8/9 + bo 7pm Tai ChiChuan All Level	9 9am Daily Qigong 5pm Lvl. 2 Karate 8/9 + bo 6pm Lvl. 4 Karate 8/9 + bo 7pm Circuit Training 8pm Qigong All Level	10 9am Daily Qigong	11
12	13 9am Daily Qigong 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 9/1 7pm Tai Chi Chuan Beginner	14 9am Daily Qigong 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Sword & Form Refinement	15 9am Daily Qigong 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 1/2 7pm Tai ChiChuan All Level	16 9am Daily Qigong 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Qigong All Level	17 9am Daily Qigong	18
19	20 9am Daily Qigong 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai Chi Chuan Beginner	21 9am Daily Qigong 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Sword & Form Refinement	22 9am Daily Qigong 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 3/4 7pm Tai ChiChuan All Level	23 9am Daily Qigong 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Qigong All Level	24 9am Daily Qigong Push Hands and Martial Applications 7pm Push Hands & Sparring	25 9am Salon (Zoom & in studio) 10am World Tai Chi & Qigong Day
26	27 9am Daily Qigong 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 4/5 7pm Tai Chi Chuan Beginner	28 9am Daily Qigong 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Sword & Form Refinement	29 9am Daily Qigong 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 5/6 + personal weapon 7pm Tai ChiChuan All Level	30 9am Daily Qigong 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 + personal weapon 7pm Circuit Training 8pm Qigong All Level		
	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 Rendez-Vous Lévis Martial Arts Training and Competition, Québec, Canada	2 Rendez-Vous Lévis Martial Arts Training and Competition, Québec, Canada
3 Rendez-Vous Lévis Martial Arts Training and Competition, Québec, Canada	4 9am Daily Qigong 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm Tai Chi Chuan Beginner	5 9am Daily Qigong 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Sword & Form Refinement	6 9am Daily Qigong 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 7/8 + sparring gear + bo 7pm Tai Chi Chuan All Level	7 9am Daily Qigong 5pm Lvl. 2 Karate 7/8 + sparring gear + bo 6pm Lvl. 4 Karate 7/8 + sparring gear + bo 7pm Circuit Training 8pm Qigong All Level	8 9am Daily Qigong	9 9am Leadership Team 10am Black Belt Club + bo 11am TESTING
10 9am Daily Qigong	11 9am Daily Qigong 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 8/9 + dulo dulo 7pm Tai Chi Chuan Beginner	12 9am Daily Qigong 5pm Lvl. 2 Karate 8/9 + dulo dulo 6pm Lvl. 4 Karate 8/9 + dulo dulo 7pm Circuit Training 8pm Sword & Form Refinement	13 9am Daily Qigong 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 9/1 7pm Tai Chi Chuan All Level	14 9am Daily Qigong 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Qigong All Level	15 9am Daily Qigong	16
17	18 9am Daily Qigong 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 1/2 7pm Tai Chi Chuan Beginner	19 9am Daily Qigong 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Sword & Form Refinement	20 9am Daily Qigong 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai Chi Chuan All Level	21 9am Daily Qigong 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Qigong All Level	22 9am Daily Qigong	23
24	25 MEMORIAL DAY <u>STUDIO CLOSED</u> 31	26 9am Daily Qigong 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Sword & Form Refinement	27 9am Daily Qigong 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 4/5 7pm Tai Chi Chuan All Level	28 9am Daily Qigong 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Qigong All Level	29 9am Daily Qigong 6pm Push Hands and Martial Applications 7pm Push Hands & Sparring	30 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

JUNE 2026

	1 9am Daily Qigong 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 5/6 7pm Tai Chi Chuan Beginner	2 9am Daily Qigong 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Sword & Form Refinement	3 9am Daily Qigong 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm Tai ChiChuan All Level	4 9am Daily Qigong 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Qigong All Level	5 9am Daily Qigong	6 9am Leadership Team 10am Black Belt Club + bag gloves
7	8 9am Daily Qigong 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 7/8 + sparring gear + bo 7pm Tai Chi Chuan Beginner	9 9am Daily Qigong 5pm Lvl. 2 Karate 7/8 + sparring gear + bo 6pm Lvl. 4 Karate 7/8 + sparring gear + bo 7pm Circuit Training 8pm Sword & Form Refinement	10 9am Daily Qigong 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 8/9 + nunchaku 7pm Tai ChiChuan All Level	11 9am Daily Qigong 5pm Lvl. 2 Karate 8/9 + nunchaku 6pm Lvl. 4 Karate 8/9 + nunchaku 7pm Circuit Training 8pm Qigong All Level	12 9am Daily Qigong	13 10am OPEN MAT
14	15 9am Daily Qigong 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 9/1 7pm Tai Chi Chuan Beginner	16 9am Daily Qigong 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Sword & Form Refinement	17 9am Daily Qigong 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 1/2 7pm Tai ChiChuan All Level	18 9am Daily Qigong 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Qigong All Level	19 9am Daily Qigong	20
21	22 9am Daily Qigong 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai Chi Chuan Beginner	23 9am Daily Qigong 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Sword & Form Refinement	24 9am Daily Qigong 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 3/4 7pm Tai ChiChuan All Level	25 9am Daily Qigong 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Qigong All Level	26 9am Daily Qigong 6pm Push Hands and Martial Applications 7pm Push Hands & Sparring	27 9am Salon (Zoom)
28	29 <u>STUDIO</u> <u>CLOSED</u>	30 <u>STUDIO</u> <u>CLOSED</u>				
	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 2026

			1 STUDIO CLOSED	2 STUDIO CLOSED	3 STUDIO CLOSED	4 STUDIO CLOSED
5	6 9am Daily Qigong 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 4/5 7pm Tai Chi Chuan Beginner	7 9am Daily Qigong 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Sword & Form Refinement	8 9am Daily Qigong 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 5/6 7pm Tai Chi Chuan All Level	9 9am Daily Qigong 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Qigong All Level	10 9am Daily Qigong	11 9am Leadership Team 10am Black Belt Club + sai & tonfa
12	13 9am Daily Qigong 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm Tai Chi Chuan Beginner	14 9am Daily Qigong 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Sword & Form Refinement	15 9am Daily Qigong 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 7/8 + sparring gear + bo 7pm Tai Chi Chuan All Level	16 9am Daily Qigong 5pm Lvl. 2 Karate 7/8 + sparring gear + bo 6pm Lvl. 4 Karate 7/8 + sparring gear + bo 7pm Circuit Training 8pm Qigong All Level	17 9am Daily Qigong	18
19	20 9am Daily Qigong 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 8/9 + dulo dulo 7pm Tai Chi Chuan Beginner	21 9am Daily Qigong 5pm Lvl. 2 Karate 8/9 + dulo dulo 6pm Lvl. 4 Karate 8/9 + dulo dulo 7pm Circuit Training 8pm Sword & Form Refinement	22 9am Daily Qigong 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 9/1 7pm Tai Chi Chuan All Level	23 9am Daily Qigong 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Qigong All Level	24 9am Daily Qigong	25 9am Salon (Zoom)
26	27 9am Daily Qigong 9am-noon/4pm KAMMP 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 1/2 7pm Tai Chi Chuan Beginner	28 9am Daily Qigong 9am-noon/4pm KAMMP 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Sword & Form Refinement	29 9am Daily Qigong 9am-noon/4pm KAMMP 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai Chi Chuan All Level	30 9am Daily Qigong 9am-noon/4pm KAMMP 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Qigong All Level	31 9am Daily Qigong 9am-noon/4pm KAMMP 6pm Push Hands and Martial Applications 7pm 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

AUGUST 2026



						1 9am Leadership Team 10am Black Belt Club + kama 11am TESTING
2	3 9am Daily Qigong 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 3/4 7pm Tai Chi Chuan Beginner	4 9am Daily Qigong 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Sword & Form Refinement	5 9am Daily Qigong 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 4/5 7pm Tai Chi Chuan All Level	6 9am Daily Qigong 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Qigong All Level	7 9am Daily Qigong	8 Northeast Open Martial Arts Tournament & Showcase, Albany, NY (?)
9	10 9am Daily Qigong 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 5/6 7pm Tai Chi Chuan Beginner	11 9am Daily Qigong 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Sword & Form Refinement	12 9am Daily Qigong 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm Tai Chi Chuan All Level	13 9am Daily Qigong 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Qigong All Level	14 9am Daily Qigong	15
16	17 9am Daily Qigong 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 7/8 + sparring gear + dulo dulo 7pm Tai Chi Chuan Beginner	18 9am Daily Qigong 5pm Lvl. 2 Karate 7/8 + sparring gear + dulo dulo 6pm Lvl. 4 Karate 7/8 + sparring gear + dulo dulo 7pm Circuit Training 8pm Sword & Form Refinement	19 9am Daily Qigong 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 8/9 + personal weapon 7pm Tai Chi Chuan All Level	20 9am Daily Qigong 5pm Lvl. 2 Karate 8/9 + personal weapon 6pm Lvl. 4 Karate 8/9 + personal weapon 7pm Circuit Training 8pm Qigong All Level	21 9am Daily Qigong	22 9am Salon (Zoom)
23	24 9am Daily Qigong 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 9/1 7pm Tai Chi Beginner /31 9am Daily Qigong 5pm Lvl. 1 Karate 2/3 6pm Lvl. 3 Karate 2/3 /30 7pm Tai Chi Beginner	25 9am Daily Qigong 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Sword & Form Refinement	26 9am Daily Qigong 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 1/2 7pm Tai Chi Chuan All Level	27 9am Daily Qigong 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Qigong All Level	28 9am Daily Qigong 6pm Push Hands and Martial Applications 7pm 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

SEPTEMBER 2026

		1 9am Daily Qigong 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Sword & Form Refinement	2 9am Daily Qigong 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 3/4 7pm Tai ChiChuan All Level	3 9am Daily Qigong 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Qigong All Level	4 <u>LABOR DAY</u> <u>WEEKEND</u> <u>STUDIO CLOSED</u>	5 <u>LABOR DAY</u> <u>WEEKEND</u> <u>STUDIO CLOSED</u>
6	7 <u>LABOR DAY</u> <u>STUDIO CLOSED</u>	8 9am Daily Qigong 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Sword & Form Refinement	9 9am Daily Qigong 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 5/6 7pm Tai ChiChuan All Level	10 9am Daily Qigong 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Qigong All Level	11 9am Daily Qigong	12 9am Leadership Team 10am Black Belt Club + notebooks
13	14 9am Daily Qigong 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm Tai Chi Chuan Beginner	15 9am Daily Qigong 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Sword & Form Refinement	16 9am Daily Qigong 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 7/8 + sparring gear + bo 7pm Tai ChiChuan All Level	17 9am Daily Qigong 5pm Lvl. 2 Karate 7/8 + sparring gear + bo 6pm Lvl. 4 Karate 7/8 + sparring gear + bo 7pm Circuit Training 8pm Qigong All Level	18 9am Daily Qigong	19 Golden Eagle Challenge Tournament, Galway, NY (?)
20	21 9am Daily Qigong 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 8/9 + bo 7pm Tai Chi Chuan Beginner	22 9am Daily Qigong 5pm Lvl. 2 Karate 8/9 + bo 6pm Lvl. 4 Karate 8/9 + bo 7pm Circuit Training 8pm Sword & Form Refinement	23 9am Daily Qigong 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 9/1 7pm Tai ChiChuan All Level	24 9am Daily Qigong 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Qigong All Level	25 9am Daily Qigong 6pm Push Hands and Martial Applications 7pm Push Hands & Sparring	26 9am Salon (Zoom)
27	28 9am Daily Qigong 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 1/2 7pm Tai Chi Chuan Beginner	29 9am Daily Qigong 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Sword & Form Refinement	30 9am Daily Qigong 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai ChiChuan All Level			
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 9am Daily Qigong 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Qigong All Level	2 9am Daily Qigong	3 9am Leadership Team 10am Black Belt Club +bo
4	5 9am Daily Qigong 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 3/4 7pm Tai Chi Chuan Beginner	6 9am Daily Qigong 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Sword & Form Refinement	7 9am Daily Qigong 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 4/5 7pm Tai Chi Chuan All Level	8 9am Daily Qigong 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Qigong All Level	9 9am Daily Qigong	10 10-11am OPEN MAT
11	12 9am Daily Qigong 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 5/6 + personal weapon 7pm Tai Chi Chuan Beginner	13 9am Daily Qigong 5pm Lvl. 2 Karate 5/6 + personal weapon 6pm Lvl. 4 Karate 5/6 + personal weapon 7pm Circuit Training 8pm Sword & Form Refinement	14 9am Daily Qigong 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm Tai Chi Chuan All Level	15 9am Daily Qigong 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Qigong All Level	16 9am Daily Qigong	17
18	19 9am Daily Qigong 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 7/8 + sparring gear + nunchaku 7pm Tai Chi Chuan Beginner	20 9am Daily Qigong 5pm Lvl. 2 Karate 7/8 + sparring gear + nunchaku 6pm Lvl. 4 Karate 7/8 + sparring gear + nunchaku 7pm Circuit Training 8pm Sword & Form Refinement	21 9 am Daily Qigong 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 8/9 + bo 7pm Tai Chi Chuan All Level	22 9am Daily Qigong 5pm Lvl. 2 Karate 8/9 + bo 6pm Lvl. 4 Karate 8/9 + bo 7pm Circuit Training 8pm Qigong All Level	23 9am Daily Qigong 6pm Push Hands and Martial Applications 7pm Push Hands & Sparring	24 9am Salon (Zoom)
25	26 9am Daily Qigong 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 9/1 7pm Tai Chi Beginner	27 9am Daily Qigong 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Sword & Form Refinement	28 9am Daily Qigong 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 1/2 7pm Tai Chi Chuan All Level	29 9am Daily Qigong 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Qigong All Level	30 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada	31 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada
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 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada	2 9am Daily Qigong 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai Chi Chuan Beginner	3 9am Daily Qigong 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Sword & Form Refinement	4 9am Daily Qigong 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 3/4 7pm Tai ChiChuan All Level	5 9am Daily Qigong 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Qigong All Level	6 9am Daily Qigong	7 9am Leadership Team 10am Black Belt Club + personal weapon
8	9 9am Daily Qigong 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 4/5 7pm Tai Chi Chuan Beginner	10 9am Daily Qigong 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Sword & Form Refinement	11 9am Daily Qigong 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 5/6 7pm Tai ChiChuan All Level	12 9am Daily Qigong 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Qigong All Level	13 9am Daily Qigong	14 Diamond Valley Classic Tournament, Herkimer, NY (?)
15	16 9am Daily Qigong 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm Tai Chi Chuan Beginner	17 9am Daily Qigong 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Sword & Form Refinement	18 9am Daily Qigong 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 7/8 + sparring gear + bo 7pm Tai ChiChuan All Level	19 9am Daily Qigong 5pm Lvl. 2 Karate 7/8 + sparring gear + bo 6pm Lvl. 4 Karate 7/8 + sparring gear + bo 7pm Circuit Training 8pm Qigong All Level	20 9am Daily Qigong	21
22	23 9am Daily Qigong 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 8/9 + personal weapon 7pm Tai Chi Chuan Beginner	24 9am Daily Qigong 5pm Lvl. 2 Karate 8/9 + personal weapon 6pm Lvl. 4 Karate 8/9 + personal weapon 7pm Circuit Training 8pm Sword & Form Refinement	25 <u>STUDIO</u> <u>CLOSED</u>	26 <u>STUDIO</u> <u>CLOSED</u>	27 9am Daily Qigong 6pm Push Hands and Martial Applications 7pm Push Hands & Sparring	28 9am Salon (Zoom & in studio) 10am TESTING, OPEN HOUSE, & HOLIDAY SALE
29	30 9am Daily Qigong 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 1/2 7pm Tai Chi Chuan Beginner		<u>NOVEMBER</u> <u>2026</u>			
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 9am Daily Qigong 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Sword & Form Refinement	2 9am Daily Qigong 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai ChiChuan All Level	3 9am Daily Qigong 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Qigong All Level	4 9am Daily Qigong 5:30-8pm KID'S NIGHT OUT	5 9am Leadership Team 10am Black Belt Club + dulo dulo 11am-4pm BOARD GAME DAY
6	7 9am Daily Qigong 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 3/4 7pm Tai Chi Chuan Beginner	8 9am Daily Qigong 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Sword & Form Refinement	9 9am Daily Qigong 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 4/5 7pm Tai ChiChuan All Level	10 9am Daily Qigong 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Qigong All Level	11 9am Daily Qigong	12
13	14 9am Daily Qigong 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 5/6 + personal weapon 7pm Tai Chi Chuan Beginner	15 9am Daily Qigong 5pm Lvl. 2 Karate 5/6 + personal weapon 6pm Lvl. 4 Karate 5/6 + personal weapon 7pm Circuit Training 8pm Sword & Form Refinement	16 9am Daily Qigong 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm Tai ChiChuan All Level	17 9am Daily Qigong 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Qigong All Level	18 9am Daily Qigong 6pm Push Hands and Martial Applications 7pm Push Hands & Sparring	19 9am Salon (Zoom)
20	21 <u>STUDIO CLOSED</u>	22 <u>STUDIO CLOSED</u>	23 <u>STUDIO CLOSED</u>	24 <u>STUDIO CLOSED</u>	25 <u>STUDIO CLOSED</u>	26
27	28 9am Daily Qigong 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 7/8 + sparring gear + nunchaku 7pm Tai Chi Chuan Beginner	29 9am Daily Qigong 5pm Lvl. 2 Karate 7/8 + sparring gear + nunchaku 6pm Lvl. 4 Karate 7/8 + sparring gear + nunchaku 7pm Circuit Training 8pm Sword & Form Refinement	30 9am Daily Qigong 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 1/2 7pm Tai ChiChuan All Level	31 9am Daily Qigong 5pm Lvl. 2 Karate 8/9 + bo 6pm Lvl. 4 Karate 8/9 + bo 7pm Circuit Training 8pm Qigong All Level		
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

