

MARCH 2026

1	2 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 6/7 + sparring gear 7pm BEG. TAI CHI 8pm TAI CHI SWORD	3 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 6/7 + sparring gear 7pm HIIT 8pm REFINEMENT	4 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 7/8 + sparring gear + personal weapon 7pm ALL TAI CHI 8pm LONG FORM	5 9am QIGONG 5:15 pm Intro Karate 6pm ADV Karate 7/8 + sparring gear + personal weapon 7pm HIIT 8pm SEASONAL	6 9am QIGONG	7 9am LDRSHP TEAM 10am Black Belt Club + escrima
8	9 9am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 8/9 + personal weapon 7pm BEG. TAI CHI 8pm TAI CHI SWORD	10 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 8/9 + personal weapon 7pm HIIT 8pm REFINEMENT	11 9am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 9/1 7pm ALL TAI CHI 8pm LONG FORM	12 9am QIGONG 5pm Intro Karate 6pm ADV Karate 9/1 7pm HIIT 8pm SEASONAL	13 9am QIGONG	14 10am OPEN MAT 11am TESTING
15	16 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 1/2 7pm BEG. TAI CHI 8pm TAI CHI SWORD	17 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 1/2 7pm HIIT 8pm REFINEMENT	18 <u>NO CLASSES</u> <u>STUDIO</u> <u>CLOSED</u>	19 <u>NO CLASSES</u> <u>STUDIO</u> <u>CLOSED</u>	20 9am QIGONG	21
22	23 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 3/4 7pm BEG. TAI CHI 8pm TAI CHI SWORD	24 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 3/4 7pm HIIT 8pm REFINEMENT	25 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 4/5 7pm ALL TAI CHI 8pm LONG FORM	26 9am QIGONG 5pm Intro Karate 6pm ADV Karate 4/5 7pm HIIT 8pm SEASONAL	27 9am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	28 9am SALON (Zoom)
29	30 9am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 5/6 7pm BEG. TAI CHI 8pm TAI CHI SWORD	31 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 5/6 7pm HIIT 8pm 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 QIGONG 5pm BEG Karate 3/4 6pm INT Karate 6/7 + sparring gear 7pm ALL TAI CHI 8pm LONG FORM	2 9am QIGONG 5pm Intro Karate 6pm ADV Karate 6/7 + sparring gear 7pm HIIT 8pm SEASONAL	3 9am QIGONG	4 9am LDRSHP TEAM 10am Black Belt Club + personal weapon
5	6 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 7/8 + sparring gear + personal weapon 7pm BEG. TAI CHI 8pm TAI CHI SWORD	7 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 7/8 + sparring gear + personal weapon 7pm HIIT 8pm REFINEMENT	8 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 8/9 + bo 7pm ALL TAI CHI 8pm LONG FORM	9 9am QIGONG 5pm Intro Karate 6pm ADV Karate 8/9 + bo 7pm HIIT 8pm SEASONAL	10 9am QIGONG	11
12	13 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 9/1 7pm BEG. TAI CHI 8pm TAI CHI SWORD	14 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 9/1 7pm HIIT 8pm REFINEMENT	15 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 1/2 7pm ALL TAI CHI 8pm LONG FORM	16 9am QIGONG 5pm Intro Karate 6pm ADV Karate 1/2 7pm HIIT 8pm SEASONAL	17 9am QIGONG	18
19	20 9am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 2/3 + bag gloves 7pm BEG. TAI CHI 8pm TAI CHI SWORD	21 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 2/3 + bag gloves 7pm HIIT 8pm REFINEMENT	22 9am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 3/4 7pm ALL TAI CHI 8pm LONG FORM	23 9am QIGONG 5pm Intro Karate 6pm ADV Karate 3/4 7pm HIIT 8pm SEASONAL	24 9am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	25 9am SALON (Zoom & in studio) 10am WORLD TAI CHI & QIGONG DAY
26	27 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 4/5 7pm BEG. TAI CHI 8pm TAI CHI SWORD	28 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 4/5 7pm HIIT 8pm REFINEMENT	29 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 5/6 7pm ALL TAI CHI 8pm LONG FORM	30 9am QIGONG 5pm Intro Karate 6pm ADV Karate 5/6 7pm HIIT 8pm SEASONAL		
	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 QIGONG	2	9am LDRSHP TEAM 10am Black Belt Club + bo 11am TESTING
3	4	5	6	7	8	9am QIGONG	9	
	4	5	6	7	8	9am QIGONG	9	
	5pm BEG Karate 6/1 6pm INT Karate 6/7 + sparring gear 7pm BEG. TAI CHI 8pm TAI CHI SWORD	5pm Tai Chi Walking 6pm ADV Karate 6/7 + sparring gear 7pm HIIT 8pm REFINEMENT	5pm BEG Karate 1/2 6pm INT Karate 7/8 +sparring gear +dulo dulo 7pm ALL TAI CHI 8pm LONG FORM	5pm Intro Karate 6pm ADV Karate 7/8 +sparring gear +dulo dulo 7pm HIIT 8pm SEASONAL	9am QIGONG			
10	11	12	13	14	15	9am QIGONG	16	Saratoga Martial Arts Festival (SMAF), Holiday Inn, Saratoga Springs, NY 8am-5pm
	11	12	13	14	15	9am QIGONG	16	
	5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 8/9 + dulo dulo 7pm BEG. TAI CHI 8pm TAI CHI SWORD	5pm Tai Chi Walking 6pm ADV Karate 8/9 + dulo dulo 7pm HIIT 8pm REFINEMENT	5pm BEG Karate 3/4 6pm INT Karate 9/1 7pm ALL TAI CHI 8pm LONG FORM	5pm Intro Karate 6pm ADV Karate 9/1 7pm HIIT 8pm SEASONAL	9am QIGONG			
17	18	19	20	21	22	9am QIGONG	23	
Saratoga Martial Arts Festival (SMAF), Holiday Inn, Saratoga Springs, NY 8am-1pm	18	19	20	21	22	9am QIGONG	23	
	5pm BEG Karate 4/5 6pm INT Karate 1/2 7pm BEG. TAI CHI 8pm TAI CHI SWORD	5pm Tai Chi Walking 6pm ADV Karate 1/2 7pm HIIT 8pm REFINEMENT	5pm BEG Karate 5/6 6pm INT Karate 2/3 + bag gloves 7pm ALL TAI CHI 8pm LONG FORM	5pm Intro Karate 6pm ADV Karate 2/3 + bag gloves 7pm HIIT 8pm SEASONAL	9am QIGONG			
24	25	26	27	28	29	9am QIGONG	30	9am SALON (Zoom)
	25	26	27	28	29	9am QIGONG	30	
	MEMORIAL DAY STUDIO CLOSED NO ONLINE CLASSES	5pm Tai Chi Walking 6pm ADV Karate 4/5 7pm HIIT 8pm REFINEMENT	5pm BEG Karate 6/1 6pm INT Karate 5/6 7pm ALL TAI CHI 8pm LONG FORM	5pm Intro Karate 6pm ADV Karate 5/6 7pm HIIT 8pm SEASONAL	9am 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

JUNE 2026

	1 9am QIGONG STUDIO CLOSED NO EVENING CLASSES	2 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 7/8 + sparring gear 7pm HIIT 8pm REFINEMENT	3 9am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 8/9 + sparring gear + nunchaku 7pm ALL TAI CHI 8pm LONG FORM	4 9am QIGONG 5pm Intro Karate 6pm ADV Karate 8/9 + sparring gear + nunchaku 7pm HIIT 8pm SEASONAL	5 9am QIGONG	6 9am LDRSHP TEAM 10am Black Belt Club + bag gloves
7	8 9am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 9/1 7pm BEG. TAI CHI 8pm TAI CHI SWORD	9 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 9/1 7pm HIIT 8pm REFINEMENT	10 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 1/2 7pm ALL TAI CHI 8pm LONG FORM	11 9am QIGONG 5pm Intro Karate 6pm ADV Karate 1/2 7pm HIIT 8pm SEASONAL	12 9am QIGONG	13
14	15 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 2/3 + bag gloves 7pm BEG. TAI CHI 8pm TAI CHI SWORD	16 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 2/3 + bag gloves 7pm HIIT 8pm REFINEMENT	17 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 3/4 7pm ALL TAI CHI 8pm LONG FORM	18 9am QIGONG 5pm Intro Karate 6pm ADV Karate 3/4 7pm HIIT 8pm SEASONAL	19 9am QIGONG Super Summer Seminars Martial Arts Camp 5-7pm KIDS 5-8pm ADULTS	20 Super Summer Seminars Martial Arts ADULT Camp 9am-5pm
21	22 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 4/5 7pm BEG. TAI CHI 8pm TAI CHI SWORD	23 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 4/5 7pm HIIT 8pm REFINEMENT	24 9am QIGONG 5pm BEG Karate 2/3 6pm INT Karate 5/6 7pm ALL TAI CHI 8pm LONG FORM	25 9am QIGONG 5pm Intro Karate 6pm ADV Karate 5/6 7pm HIIT 8pm SEASONAL	26 9am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	27 9am SALON (Zoom)
28	29 9am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 6/1 7pm BEG. TAI CHI 8pm TAI CHI SWORD	30 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 6/1 7pm HIIT 8pm 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

JULY 2026

			1 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 1/2 7pm ALL TAI CHI 8pm LONG FORM	2 9am QIGONG 5pm Intro Karate 6pm ADV Karate 1/2 7pm HIIT 8pm SEASONAL	3 9am QIGONG	4 STUDIO CLOSED
5 STUDIO CLOSED	6 STUDIO CLOSED	7 STUDIO CLOSED	8 STUDIO CLOSED	9 STUDIO CLOSED	10 STUDIO CLOSED	11 9am LDRSHP TEAM 10am Black Belt Club + sai and tonfa
12	13 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 2/3 + bag gloves 7pm BEG. TAI CHI 8pm TAI CHI SWORD	14 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 2/3 + bag gloves 7pm HIIT 8pm REFINEMENT	15 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 3/4 7pm ALL TAI CHI 8pm LONG FORM	16 9am QIGONG 5pm Intro Karate 6pm ADV Karate 3/4 7pm HIIT 8pm SEASONAL	17 9am QIGONG	18
19	20 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 4/5 7pm BEG. TAI CHI 8pm TAI CHI SWORD	21 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 4/5 7pm HIIT 8pm REFINEMENT	22 9am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 5/6 7pm ALL TAI CHI 8pm LONG FORM	23 9am QIGONG 5pm Intro Karate 6pm ADV Karate 5/6 7pm HIIT 8pm SEASONAL	24 9am QIGONG	25 9am SALON (Zoom)
26	27 9am QIGONG 9am-noon/4pm KAMMP 5pm BEG Karate 3/4 6pm INT Karate 6/7 + sparring gear 7pm BEG. TAI CHI 8pm TAI CHI SWORD	28 9am QIGONG 9am-noon/4pm KAMMP 5pm Tai Chi Walking 6pm ADV Karate 6/7 + sparring gear 7pm HIIT 8pm REFINEMENT	29 9am QIGONG 9am-noon/4pm KAMMP 5pm BEG Karate 4/5 6pm INT Karate 7/8 + sparring gear + bo 7pm ALL TAI CHI 8pm LONG FORM	30 9am QIGONG 9am-noon/4pm KAMMP 5pm Intro Karate 6pm ADV Karate 7/8 + sparring gear + bo 7pm HIIT 8pm SEASONAL	31 9am QIGONG 9am-noon/4pm KAMMP 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	

AUGUST 2026



						1 9am LDRSHP TEAM 10am Black Belt Club + kama 11am TESTING
2	3 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 8/9 + personal weapon 7pm BEG. TAI CHI 8pm TAI CHI SWORD	4 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 8/9 + personal weapon 7pm HIIT 8pm REFINEMENT	5 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 9/1 7pm ALL TAI CHI 8pm LONG FORM	6 9am QIGONG 5pm Intro Karate 6pm ADV Karate 9/1 7pm HIIT 8pm SEASONAL	7 9am QIGONG	8 Northeast Open Martial Arts Tournament & Showcase, Albany, NY (?)
9	10 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 1/2 7pm BEG. TAI CHI 8pm TAI CHI SWORD	11 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 1/2 7pm HIIT 8pm REFINEMENT	12 9am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 2/3 + bag gloves 7pm ALL TAI CHI 8pm LONG FORM	13 9am QIGONG 5pm Intro Karate 6pm ADV Karate 2/3 + bag gloves 7pm HIIT 8pm SEASONAL	14 9am QIGONG	15
16	10 9am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 3/4 7pm BEG. TAI CHI 8pm TAI CHI SWORD	11 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 3/4 7pm HIIT 8pm REFINEMENT	12 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 4/5 7pm ALL TAI CHI 8pm LONG FORM	13 9am QIGONG 5pm Intro Karate 6pm ADV Karate 4/5 7pm HIIT 8pm SEASONAL	21 9am QIGONG	22 9am SALON (Zoom)
23	24 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 5/6 7pm BEG. TAI CHI 8pm TAI CHI SWORD /30 31 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 7/8 + sparring gear & bo 7pm BEG. TAI CHI 8pm TAI CHI SWORD	25 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 5/6 7pm HIIT 8pm REFINEMENT	26 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 6/7 + sparring gear 7pm ALL TAI CHI 8pm LONG FORM	27 9am QIGONG 5pm Intro Karate 6pm ADV Karate 6/7 + sparring gear 7pm HIIT 8pm SEASONAL	28 9am 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

**SEPTEMBER
2026**

		<p>1 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 7/8 + sparring gear + bo 7pm HIIT 8pm REFINEMENT</p>	<p>26 9am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 8/9 + bo 7pm ALL TAI CHI 8pm LONG FORM</p>	<p>3 9am QIGONG 5pm Intro Karate 6pm ADV Karate 8/9 + bo 7pm HIIT 8pm SEASONAL</p>	<p>4 LABOR DAY WEEKEND STUDIO CLOSED</p>	<p>5 LABOR DAY WEEKEND STUDIO CLOSED</p>
6	<p>7 LABOR DAY STUDIO CLOSED</p>	<p>8 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 9/1 7pm HIIT 8pm REFINEMENT</p>	<p>9 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 1/2 7pm ALL TAI CHI 8pm LONG FORM</p>	<p>10 9am QIGONG 5pm Intro Karate 6pm ADV Karate 1/2 7pm HIIT 8pm SEASONAL</p>	<p>11 9am QIGONG</p>	<p>12 9am LDRSHP TEAM 10am Black Belt Club + dulo dulo</p>
13	<p>14 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 2/3 + bag gloves 7pm BEG. TAI CHI 8pm TAI CHI SWORD</p>	<p>15 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 2/3 + bag gloves 7pm HIIT 8pm REFINEMENT</p>	<p>16 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 3/4 7pm ALL TAI CHI 8pm LONG FORM</p>	<p>17 9am QIGONG 5pm Intro Karate 6pm ADV Karate 3/4 7pm HIIT 8pm SEASONAL</p>	<p>18 9am QIGONG</p>	<p>19 Golden Eagle Challenge Tournament, Galway, NY (?)</p>
20	<p>21 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 4/5 7pm BEG. TAI CHI 8pm TAI CHI SWORD</p>	<p>15 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 4/5 7pm HIIT 8pm REFINEMENT</p>	<p>16 9am QIGONG 5pm BEG Karate 2/3 6pm INT Karate 5/6 7pm ALL TAI CHI 8pm LONG FORM</p>	<p>17 9am QIGONG 5pm Intro Karate 6pm ADV Karate 5/6 7pm HIIT 8pm SEASONAL</p>	<p>25 9am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING</p>	<p>26 9am SALON (Zoom)</p>
27	<p>28 9am QIGONG 5pm BEG Karate 3/4 + bag gloves 6pm INT Karate 6/7 + sparring gear 7pm BEG. TAI CHI 8pm TAI CHI SWORD</p>	<p>29 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 6/7 + sparring gear 7pm HIIT 8pm REFINEMENT</p>	<p>30 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 7/8 + sparring gear + dulo dulo 7pm ALL TAI CHI 8pm LONG FORM</p>			
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 QIGONG 5pm Intro Karate 6pm ADV Karate 7/8 + sparring gear + dulo dulo 7pm HIIT 8pm SEASONAL	2 9am QIGONG	3 9am LDRSHP TEAM 10am Black Belt Club + personal weapon
4	5 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 8/9 + dulo dulo 7pm BEG. TAI CHI 8pm TAI CHI SWORD	6 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 8/9 + dulo dulo 7pm HIIT 8pm REFINEMENT	7 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 9/1 7pm ALL TAI CHI 8pm LONG FORM	8 9am QIGONG 5pm Intro Karate 6pm ADV Karate 9/1 7pm HIIT 8pm SEASONAL	9 9am QIGONG	10 10-11am OPEN MAT
11	12 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 1/2 7pm BEG. TAI CHI 8pm TAI CHI SWORD	13 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 1/2 7pm HIIT 8pm REFINEMENT	14 9am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 2/3 + bag gloves 7pm ALL TAI CHI 8pm LONG FORM	15 9am QIGONG 5pm Intro Karate 6pm ADV Karate 2/3 + bag gloves 7pm HIIT 8pm SEASONAL	16 9am QIGONG	17
18	19 9am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 3/4 7pm BEG. TAI CHI 8pm TAI CHI SWORD	20 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 3/4 7pm HIIT 8pm REFINEMENT	21 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 4/5 7pm ALL TAI CHI 8pm LONG FORM	22 9am QIGONG 5pm Intro Karate 6pm ADV Karate 4/5 7pm HIIT 8pm SEASONAL	23 9am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	24 9am SALON (Zoom)
25	26 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 5/6 7pm BEG. TAI CHI 8pm TAI CHI SWORD	27 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 5/6 7pm HIIT 8pm REFINEMENT	28 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 6/7 + sparring gear 7pm ALL TAI CHI 8pm LONG FORM	29 9am QIGONG 5pm Intro Karate 6pm ADV Karate 6/7 + sparring gear 7pm HIIT 8pm SEASONAL	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

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

DECEMBER 2026

		1 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 6/7 + sparring gear 7pm HIIT 8pm REFINEMENT	2 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 7/8 + sparring gear + escrima 7pm ALL TAI CHI 8pm LONG FORM	3 9am QIGONG 5pm Intro Karate 6pm ADV Karate 7/8 + sparring gear + escrima 7pm HIIT 8pm SEASONAL	4 9am QIGONG 5:30-8pm KID'S NIGHT OUT	5 9am LDRSHP TEAM 10am Black Belt Club + nunchaku
6	7 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 8/9 + nunchaku 7pm BEG. TAI CHI 8pm TAI CHI SWORD	8 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 8/9 + nunchaku 7pm HIIT 8pm REFINEMENT	9 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 9/1 7pm ALL TAI CHI 8pm LONG FORM	10 9am QIGONG 5pm Intro Karate 6pm ADV Karate 9/1 7pm HIIT 8pm SEASONAL	11 9am QIGONG	12
13	14 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 1/2 7pm BEG. TAI CHI 8pm TAI CHI SWORD	15 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 1/2 7pm HIIT 8pm REFINEMENT	16 9am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 2/3 + bag gloves 7pm ALL TAI CHI 8pm LONG FORM	17 9am QIGONG 5pm Intro Karate 6pm ADV Karate 2/3 + bag gloves 7pm HIIT 8pm SEASONAL	18 9am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN 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 QIGONG 5pm BEG Karate 3/4 6pm INT Karate 3/4 7pm BEG. TAI CHI 8pm TAI CHI SWORD	29 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 3/4 7pm HIIT 8pm REFINEMENT	30 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 4/5 7pm ALL TAI CHI 8pm LONG FORM	31 9am QIGONG 5pm Intro Karate 6pm ADV Karate 4/5 7pm HIIT 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 9am QIGONG	2 9am LDRSHP TEAM 10am Black Belt Club (kata) 11am-4pm BOARD GAME DAY
3	4 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 5/6 7pm BEG. TAI CHI 8pm TAI CHI SWORD	5 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 5/6 7pm HIIT 8pm REFINEMENT	6 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 6/7 + sparring gear 7pm ALL TAI CHI 8pm LONG FORM	7 9am QIGONG 5pm Intro Karate 6pm ADV Karate 6/7 + sparring gear 7pm HIIT 8pm SEASONAL	8 9am QIGONG	9 10-11am OPEN MAT
10	11 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 7/8 + sparring gear + bo 7pm BEG. TAI CHI 8pm TAI CHI SWORD	12 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 7/8 + sparring gear + bo 7pm HIIT 8pm REFINEMENT	13 9am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 8/9 + bo 7pm ALL TAI CHI 8pm LONG FORM	14 9am QIGONG 5pm Intro Karate 6pm ADV Karate 8/9 + bo 7pm HIIT 8pm SEASONAL	15 9am QIGONG	16
17	18 9am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 9/1 7pm BEG. TAI CHI 8pm TAI CHI SWORD	19 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 9/1 7pm HIIT 8pm REFINEMENT	20 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 1/2 7pm ALL TAI CHI 8pm LONG FORM	21 9am QIGONG 5pm Intro Karate 6pm ADV Karate 1/2 7pm HIIT 8pm SEASONAL	22 9am QIGONG	23 9am SALON (Zoom)
24	18 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 2/3 + bag gloves 7pm BEG. TAI CHI 8pm TAI CHI SWORD	19 9am QIGONG 5pm Tai Chi Walking 6pm ADV Karate 2/3 + bag gloves 7pm HIIT 8pm REFINEMENT	20 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 3/4 7pm ALL TAI CHI 8pm LONG FORM	21 9am QIGONG 5pm Intro Karate 6pm ADV Karate 3/4 7pm HIIT 8pm SEASONAL	29 9am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	30
	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 2027



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