

EIGHT STAR MARTIAL ARTS/RED DRAGON KARATE SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9-9:25a.m. Daily Qigong (Zoom only)*	9-9:25a.m. Daily Qigong (Zoom only)*	9-9:25a.m. Daily Qigong (Zoom only)*	9-9:25a.m. Daily Qigong (Zoom only)*	9-9:25a.m. Daily Qigong (Zoom only)*	9-9:55a.m. 1st Saturday: Leadership Team^ 4th Saturday: Salon (Zoom only)^	
					10-10:55a.m. 1st Saturday: Black Belt Club*^ & SPECIAL EVENTS	
5-5:55p.m. Level 1 Karate (white-yellow- orange)*	5-5:55p.m. Level 1/2 Karate (white-yellow- orange/green- blue)*	5-5:55p.m. Level 1 Karate (white-yellow- orange)*	5-5:55p.m. Level 1/2 Karate (white-yellow- orange/green- blue)*		11a.m. SPECIAL EVENTS (see calendar)	
6-6:55p.m. Level 2/3 Karate (green-blue/purple- brown)	6-6:55p.m. Level 4 Karate (purple-brown/red- black)	6-6:55p.m. Level 2/3 Karate (green-blue/purple- brown)	6-6:55p.m. Level 4 Karate (purple-brown/red- black)	6-6:55p.m. Last Friday: INTERNAL ARTS CLUB		
7-7:55p.m. BEGINNER TAI CHI CHUAN*	7-7:55p.m. CIRCUIT TRAINING*	7-7:55p.m. ALL LEVEL TAI CHI CHUAN*	7-7:55p.m. CIRCUIT TRAINING*	7-7:55p.m. Last Friday: PUSH HANDS/ SPARRING		
	8-8:55p.m. TAI CHI Sword & Form REFINEMENT		8-8:55p.m. SEASONAL QIGONG*			

Team and additional programs available to Black Belt Club and Internal Arts Club members

Leadership Team — 1st Saturday of the month, 9-9:55am

Black Belt Club Class — 1st Saturday of the month, 10-10:55am

Internal Arts Club Class — Last Friday of the month, 6-6:55am

* accessible to beginner students

^ subject to change, based on special events