

EIGHT STAR MARTIAL ARTS/RED DRAGON KARATE SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9-9:25a.m. DAILY QIGONG PRACTICE (ONLINE)	9-9:25a.m. DAILY QIGONG PRACTICE (ONLINE)	9-9:25a.m. DAILY QIGONG PRACTICE (ONLINE)	9-9:25a.m. DAILY QIGONG PRACTICE (ONLINE)	9-9:25a.m. DAILY QIGONG PRACTICE (ONLINE)	9-9:55a.m. 1st Saturday: Leadership Team 4th Saturday: Salon (on Zoom)	
					10-10:55a.m. 1st Saturday: Black Belt Club	
5-5:55p.m. BEGINNER KARATE	5-5:55p.m. TAI CHI WALKING	5-5:55p.m. BEGINNER KARATE	5:15-5:55p.m. INTRO to KARATE			
6-6:55p.m. INTERMEDIATE KARATE	6-6:55p.m. ADVANCED KARATE	6-6:55p.m. INTERMEDIATE KARATE	6-6:55p.m. ADVANCED KARATE	6-6:55p.m Last Friday: TAI CHI PUSH HANDS/ MARTIAL APPLICATIONS		
7-7:55p.m BEGINNER TAI CHI & QIGONG	7-7:55p.m High Intensity Interval Training (HIIT)	7-7:55p.m ALL LEVEL TAI CHI	7-7:55p.m High Intensity Interval Training (HIIT)	7-7:55p.m. Last Friday: OPEN PUSH HANDS/ SPARRING		
8-8:55p.m TAI CHI SWORD	8-8:55p.m TAI CHI REFINEMENT	8-8:55p.m TAI CHI LONG FORM	8-8:55p.m SEASONAL QIGONG			