



International Chi Institute

1532 Webster Street, Alameda, CA 94501

Master Yan: (415) 832-0118

kungfumasteryan@gmail.com

www.internationalchiinstitute.com

Effective Date: Sept 19, 2021

Group Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Reminder
Private Lesson (By appointment)	Private Lesson (By appointment)	Private Lesson (By appointment)	Private Lesson (By appointment)	Private Lesson (By appointment)	Kinder (age 3-5) 8:10-8:50am	*Maximum 12 students for each class. *Please inform us if you need to reshcdule your missing class in advance.
					Kinder (age 3-5) 9:00-9:40am	
	Orange Belt & Up Kung Fu 10:00-10:50am					
			Child Beginning 6-12 yrs old Kung Fu 1:00-1:50 pm			
				Private Lesson (By appointment)		
	Child & Teens 8 yrs old & up Self Defense & Physical Training 6:00-6:50 pm			Orange Belt & Up Kung Fu 6:00-6:50pm	Child Beginning 6-12 yrs old Kung Fu 4:00-4:50pm	
	Private Lesson (By appointment)		Adult QiGong 7:00-8:00 pm	Teens & Adults Self Defense & Physical Training 7:00-7:50 pm	Private Lesson (By appointment)	
					School Team 5:00-6:50pm	

* Private Lesson: Tailored Form/ Weapon Lesson/Tai Chi/QiGong/Physical Training