

Winter Schedule 2026

	Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00 - 5:30 PM			Beginners White belt Jr's	Little Ninjas 4-5	Beginners White belt Jr's	Little Ninjas 4-5	
Basic	5:30 - 6:00 PM		6-8 yrs	9-12 yrs	6-8 yrs	9-12 yrs	Black belts & Red belts	
Advanced	6:00 - 6:15 PM		6-8 yrs	9-12 yrs	6-8 yrs	9-12 yrs	Black belts & Red belts Forms	
Extreme	6:15 - 6:30 PM		6-8 yrs	9-12 yrs	6-8 yrs	9-12 yrs	Black belts & Red belts Leadership	
Basic	6:30 - 7:00 PM		9-12 yrs	6-8 yrs	9-12 yrs	6-8 yrs		
Advanced	7:00 - 7:15 PM		9-12 yrs	6-8 yrs	9-12 yrs	6-8 yrs		
Extreme	7:15 - 7:30 PM		9-12 yrs	6-8 yrs	9-12 yrs	6-8 yrs		
	7:30 - 8:30 PM		Teens/Adults 13 and up	Adult Tai Chi	Teens/Adults 13 and up	Adult Tai Chi		