## **Mount Pleasant Studio - Schedule**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00		STE	P				Closed on Sundays
8:00		SHAOLI 少林					
9:00	ST	THE STATE OF THE S	SE		<b>9:00-10:00</b> Adult Tai Chi	9:00-9:30 Push Hands 9:30-10:30 Adult	Seminars featuring Professor Bryant
10:00	Solo	EMPO KAI 功夫	RATE W			Tai Chi	
11:00	8	OF SEL	F O			11:00-11:45 Adult Sparring & Conditioning	Seminars with Master Yao Li
12:00	12:00-1:00 Open Adults White-Brown Belts		12:00-1:00 Brown & Black Belt Class	12:00-1:00 Open Adults White-Brown Belts	12:00-1:00 Brown & Black Belt Class	12:00-1:00 Open Children Sparring	
1:00						1:00-2:00 Orange & Up Children Kung Fu	Tell a friend what Martial Arts have done for you!
2:00	龍	蛇	虎	豹	鸛	2:00-2:45 Rings Workout	
3:00				•	<b>—</b> •	3:00-4:00 Open Adults Kung Fu Casual Dress	Seminars with Master Joshua Grant
4:00	4:15-5:15 Orange-Purple	<b>4:15-5:15</b> Blue-Brown Belt Children	4:15-5:15 White-Yellow Belt Children	<b>4:15-5:15</b> White-Yellow Belt Children			
5:00	Belt Children 5:30-6:30	5:30-6:15 Adult Sparring &	5:30-6:30	5:30-6:30	5:00-6:00 Yellow-Brown Belt Children		Annual Tournament
6:00	White-Yellow Belt Children	Conditioning 6:15-7:15 Adult	Orange-Purple Belt Children	Blue-Brown Belt Children 6:30-7:30	6:00-7:00 Open Adults White-Brown Belts		
7:00	<b>6:45-7:45</b> Open Adults White-Brown Belts	Tai Chi 7:15-8:00 Open Adults Kung Fu	<b>6:45-7:45</b> Open Adults White-Brown Belts	Adult Tai Chi	Delta		Martial Arts Retreats
8:00		8:00-9:00 Brown & Black Belt Class		<b>7:45-8:45</b> Brown & Black Belt Class			

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