Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 am						Breathing Arts (10:00am - 11:30am)
11:00 am						
12:00 pm					Advance Class (12:30pm - 2:00pm)	Skill Class
1:00 pm	White Tiger	Skill Class	Sparring Class (Stage 1)	Skill Class		Sparring Class (Stage 2)
2:00 pm			Guided Practice		Guided Practice	
3:00 pm						
4:00 pm				Value		
5:00 pm	Guided Practice					
6:00 pm	Youth Class	Skill Class	Youth Class	Skill Class		
7:00 pm	Sparring Class (Stage 1)	Guided Practice	Guided Practice	Sparring Class (Stage 2)	White Tiger or Advance Class	
8:00 pm		Skill Class	White Tiger		White Tiger or Advance Class	
9:00 pm	(Closed)	(Closed)	(Closed)	(Closed)	(Closed)	(Closed)