

Rik Kellerman's

Ten Tigers Kung-Fu Academy

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Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
8:30 AM						Tai-Chi	
9:30 AM						Tiger Cubs (4-6 yrs)	
10:00 AM	San-Da Kickboxing					Kids 7-10 yrs	
11:00 AM	Tai-Chi	Tao Yoga	Tai-Chi	Tai-Chi		Open Adults Teens	
12 Noon	Open Adults Teens	Open Adults Teens	Open Adults Teens	Open Adults Teens		Chinese Language	
1:00 PM							
4:00 PM		Tiger Cubs (4-6 yrs)		Tiger Cubs (4-6 yrs)			
4:30 PM	Kids 7-10 yrs	Kids 7-10 yrs	Kids 7-10 yrs (grappling)	Kids 7-10 yrs	Kids 7-10 yrs		
5:30 PM	Teens 11-16 yrs	Teens 11-16 yrs	Teens 11-16 yrs (grappling)	Teens 11-16 yrs	Teens 11-16 yrs		
6:30 PM	Advanced Adults	San-Da	Tai-Chi	San-Da	LP		
7:15 PM	San-Da	Beginner Adults	San-Da	Beginner Adults	Fight Night 7:00		
8:15 PM	Beginner Adults	Advanced Adults	Beginner Adults (grappling)	Advanced Adults			