

5 Elements Martial Arts and Wellness Center Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
3:25 to 3:55	Private Lessons	Private Lessons	Private Lessons	Private Lessons	Private Lessons
4:00 to 4:50	Ages 4 to 7 Yellow & Green	Ages 8 to 12 Green, Red, & Black	Ages 8 to 12 White & Yellow	Ages 4 to 7 White	Ages 4 to 7 White, Yellow & Green
4:55 to 5:45	Ages 8 to 12 Green, Red, & Black	Ages 4 to 7 White	Ages 4 to 7 Yellow & Green	Ages 8 to 12 Green, Red, & Black	Ages 8 to 12 All Levels
5:55 to 6:45	Ages 8 to 12 White & Yellow	Ages 13 to 17 All Levels	Ages 8 to 17 Green, Red, & Black ** SPARRING**	Ages 13 to 17 All Levels	Private Lessons
7:00 to 8:00	Ages 18 + All Levels Self-Defense	Ages 18 + All Levels Self-Defense & Form Training		Ages 18 + All Levels Kung Fu Forms	
8:00 to 9:00				Tai Chi Ages 18 + All Levels	
	Sunday Yoga - 8:00 AM to 9:15 AM (Intermediate) 9:30 - 10:30 (Beginner) (donation classes)				

Time	Saturday
7:00 to 8:00	
8:30 to 9:00	Private Lessons
9:00 to 9:50	Ages 8 to 12 Green, Red, & Black
9:55 to 10:45	Ages 13 to 17 All Levels
10:55 to 11:45	Ages 13 + All Levels OPEN PRACTICE
12:00 to 1:00	Private Lessons
1:00 to 1:45	Ages 8 to 12 White & Yellow
1:45 to 2:30	Ages 4 to 7 White, Yellow & Green
2:30	Testing

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