



Martial Arts & Wellness Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
9:30 AM to 10:30 AM	Adult Tai Chi Class at San Carlos Library				Ages 18+ Yoga (9:00 -10:00 AM)	8:30 AM to 9:00 AM	Private Lessons
3:30 PM to 4:00 PM	Private Lessons	Private Lessons	Private Lessons	Private Lessons	Private Lessons	9:00 AM to 9:50 AM	Ages 8 to 12 Green, Red, & Black
4:00 PM to 4:50 PM	Ages 8 to 12 Green, Red, & Black	Ages 8 to 12 Green, Red, & Black	Ages 8 to 12 White & Yellow	Ages 4 to 7 White & Yellow	Ages 4 to 7 White & Yellow	10:00 AM to 10:50 AM	Ages 13 to 17 All Levels
5:00 PM to 5:50 PM	Ages 8 to 12 White & Yellow	Ages 4 to 7 White & Yellow	Ages 8 to 17 Green, Red, & Black *SPARRING*	Ages 8 to 12 Green, Red, & Black	Ages 8 to 12 All Levels	11:00 AM to 12:00 PM	Ages 13+ Open Practice
6:00 PM to 6:50 PM	Ages 13 to 17 All Levels	Ages 13 to 17 All Levels	Ages 18+ All Levels Tai Chi	Ages 13 to 17 All Levels	Ages 18+ Yoga	12:00 PM to 1:00 PM	Private Lessons / Ages 18+ Open Practice
7:00 PM to 8:00 PM	Ages 18+ All Levels Self-Defense	Ages 18+ All Levels Self-Defense	Ages 18+ Yoga	Ages 18+ All Levels Kung Fu Forms		1:00 PM to 1:45 PM	Ages 8 to 12 White & Yellow
8:00 PM to 9:00 PM				Ages 18+ All Levels Tai Chi		1:55 PM to 2:30 PM	Ages 4 to 7 White & Yellow
						2:45 PM to 5:30 PM	Testing & Workshops

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