


Mt Pleasant Studio • Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
7:00							Closed on Sundays		
8:00						7:30 - 8:30 Open Adults Conditioning & Sparring			
9:00							9:00 - 10:00 Adult Tai Chi	9:00 - 9:30 Push Hands	Seminars featuring Professor Nohelty
10:00								9:30 - 10:30 Adult Tai Chi	
11:00									10:30 - 11:00 Level 2 Tai Chi
12:00	12:00 - 1:00 Open Adults White - Brown Belts	12:00 - 12:30 Rings Workout	12:00 - 1:00 Black Belt Class		12:00 - 1:00 Black Belt Class	12:00 - 1:00 White Belt Children			
1:00	1:00 - 4:00 Private Lessons	12:30 - 4:00 Private Lessons	1:00 - 4:00 Private Lessons	12:30 - 1:30 Open Adults White - Brown Belts	1:00 - 5:30 Private Lessons	1:00 - 2:00 Yellow & Up Children Sparring	Seminars with Masters Yao Li & Joshua Grant		
2:00						2:00 - 3:00 Orange & Up Children Kung Fu			
3:00						2:30 - 4:00 Private Lessons	3:00 - 3:30 Rings Workout	Ask about Private Lessons	
4:00	4:15 - 5:15 White & Yellow Belt Children	4:15 - 5:15 Blue - Brown Belt Children	4:15 - 5:15 Orange & Purple Belt Children	4:15 - 5:15 Blue - Brown Belt Children	3:30 - 5:00 Open Adults Kung Fu Casual Dress	Fall & Spring Tournaments			
5:00	5:15 - 6:15 Orange & Purple Belt Children	5:30 - 6:30 Open Adults Conditioning & Sparring	5:15 - 6:15 White & Yellow Belt Children	5:30 - 6:30 Orange - Brown Belt Children	6:00 - 7:00 Open Adults White - Brown Belts				
6:00		6:30 - 7:30 Adult Tai Chi	6:45 - 7:45 Purple - Brown Belt Adults	6:30 - 7:30 Adult Tai Chi			Martial Arts Weekend Retreat at Santee State Park		
7:00	6:45 - 7:45 White - Orange Belt Adults	7:30 - 8:00 Combat: Green +							
8:00	8:00 - 9:00 Purple - Brown Belt Adults	8:00 - 9:00 Black Belt Class	8:00 - 9:00 White - Orange Belt Adults	7:45 - 9:00 Brown & Black Belt Class					