

APRIL



all classes require registration - click on the class to sign up/get more info

2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Wing Chun Kung Fu 6:30p-8p	2 Yoga 9:30a-10:45a	3 Tai Chi 6:30p-7:45p	4 Qi Gong _Open Level Class 8:30a-9:15a	5 Wing Chun Kung Fu 4p-5:30p	6
7 Qi Gong 8:30a-9:15a Tai Chi 9:15a-10a	8 Wing Chun Kung Fu 6:30p-8p	9 Yoga 9:30a-10:45a	10 Tai Chi 6:30p-7:45p	11 Qi Gong _Open Level Class 8:30a-9:15a	12 Wing Chun Kung Fu 4p-5:30p	13
Spring Allergies Workshop 14 Qi Gong 8:30a-9:15a Tai Chi 9:15a-10a	15 Wing Chun Kung Fu 6:30p-8p	16 Yoga 9:30a-10:45a	17 Tai Chi 6:30p-7:45p	18 Qi Gong _Open Level Class 8:30a-9:15a	19 Wing Chun Kung Fu 4p-5:30p	20
21 Qi Gong 8:30a-9:15a Tai Chi 9:15a-10a	22 Wing Chun Kung Fu 6:30p-8p	23 Yoga 9:30a-10:45a	24 Tai Chi 6:30p-7:45p	25 Qi Gong _Open Level Class 8:30a-9:15a	26 Wing Chun Kung Fu 4p-5:30p	27
28 Qi Gong 8:30a-9:15a Tai Chi 9:15a-10a	29 Wing Chun Kung Fu 6:30p-8p	30 Yoga 9:30a-10:45a				