



# FALL 2010 SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Saturday
12:15 PM					QIGONG
1:00 PM					TAI CHI
2:00 PM		QIGONG		QIGONG	
3:00 PM		TAI CHI		TAI CHI	
5:00 PM	KIDS Karate		KIDS Karate		
6:00 PM	ADULT Karate		ADULT Karate		
7:00 PM	QIGONG		QIGONG		
8:00 PM	TAI CHI		TAI CHI		
<b>814-406-9244</b>					