

QiGong Institute of Healing and Wellness
Red Dragon Martial Arts

SCHEDULE
revised January 14, 2011

Monday

Karate

kids 5-5:50

adults 6-6:50

QiGong 7-7:50

Tai Chi 8-8:50

Tuesday/ Thursday

QiGong/Tai Chi 3-4

Wednesday

Karate

kids 5:30-6:20

adults 6:30-7:20

QiGong 7:30-8:00

Tai Chi 8:00-8:50

Saturday

QiGong 1-1:45

Tai Chi 1:45-2:30