

**Sheng Chi Training Center**  
**Class Schedule**  
**772-1760 www.shoushu.org**

	<u>Monday</u>		<u>Tuesday</u>		<u>Wednesday</u>		<u>Thursday</u>		<u>Friday</u>	
	<u>Mat 1</u>	<u>Mat 2</u>	<u>Mat 1</u>	<u>Mat 2</u>	<u>Mat 1</u>	<u>Mat 2</u>	<u>Mat 1</u>	<u>Mat 2</u>	<u>Mat 1</u>	<u>Mat 2</u>
9:00-10:30 AM			Yoga				Yoga			
10-10:45 AM					Senior Tai Chi					
12:00-12:50 PM			Adult Orientation Orange Belt				Adult Orientation Orange Belt			
1:00-1:50 PM	Brown Belt		Green Belt		Blue Belt		Purple Belt			
2:40-3:30 PM	Kids Orientation Kids Orange				Kids Orientation Kids Orange					
4:00-4:35			Little Dragons				Little Dragons			Ballet
4:45-5:35	Kids Purple Kids Blue		Kids Orientation Kids Orange		Kids Purple Kids Blue		Kids Orientation Kids Orange			Ballet
5:35-6:20			Kids Purple				Kids Purple			Ballet
6:00-7:00	Cardio		Instructors Class Invitation Only		Cardio	Yoga	Green Belt		Shun Shifu's Choice Invitation Only	
6:30-7:20	Purple Belt Blue Belt		Adult Orientation Orange Belt		Tai Chi/Chi Kung	Yoga	Adult Orientation Orange Belt			
7:30-8:20	Adult Orientation Orange Belt		Purple Belt Blue Belt Green Belt Brown Belt		Adult Orientation Orange Belt		Purple Belt Blue Belt Brown Belt			

**Notes:**

**Listed classes are the belt you are trying to attain, not the belt you are.**  
**All slots where there is not a class listed is open mat.**  
**You may come to any class up to the rank you are working on.**