



Teaching Life, Art & Peace

Fall 2011 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 Adult Class		9:15 Adult Class			8:00-10:00 9 and up workout
	9:30-11:00 Yoga: Level II	10:30 Tiger Tots 4			
	11:30-12:45 Yoga: Gentle				
		1:00 Tiger Tots 4			
	2:25 Tiger Tots 4		2:55 Tiger Tots 4		
3:40 5/6 Lil Dragon	3:40 5/6 Lil Dragon	3:40 5/6 Lil Dragon	3:40 5/6 Lil Dragon	3:30 Tiger Tots 4	
4:10 5/6 Lil Dragon	4:10 5/6 Lil Dragon	4:10 5/6 Lil Dragon	4:10 5/6 Lil Dragon	4:00 Tiger Tots 4	
4:40 7/8 Lil Dragon	4:40 7/8 Lil Dragon	4:40 7/8 Lil Dragon	4:40 7/8 Lil Dragon	4:30 - 5:30 Open Mat	
5:25 9-12 Juniors	5:25 9-12 Juniors	5:25 9-12 Juniors	5:25 9-12 Juniors	5:15 Special Needs: Autism	
5:45-6:45 Yoga: Level I		5:30-7:00 Yoga: Level I/II			
6:15 Filipino Martial Arts	6:10 Intermediate/ Red Belts	6:15 Black Belt Prep	6:10 Intermediate/ Red Belts		
7:00 Capoeira	7:00 Aikido	7:00 Capoeira	7:00 Aikido		
7:00-8:15 Yoga: Level II	7:10 Adult Class	7:15-8:45 Yoga: Level II/III	7:10 Adult Class		