



Teaching Life, Art & Peace

Fall 2012- Spring 2013 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 8:30 B2B Morning Crunch		8:00 - 8:30 B2B Morning Crunch		8:00 - 8:30 B2B Morning Crunch	8:00 - 10:00 9+ Workout
8:30 - 9:00 B2B Morning Strength		8:30 - 9:00 B2B Morning Strength		8:30 - 9:00 B2B Morning Strength	9:00 - 10:00 B2B Weekend Power
9:15 Adult Class	9:00 - 10:00 B2B Morning Power	9:15 Adult Class	9:00 - 10:00 B2B Morning Power	9:15 Self-Defense	10:15 - 12:15 Aikido/Bokken Workout
	9:30 - 11:00 Yoga: II	10:30 Tiger Tots			
	11:30 - 12:45 Yoga: Gentle				
		1:00 Tiger Tots			
			2:55 Tiger Tots		
3:40 5/6 Lil' Dragon	3:40 5/6 Lil' Dragon	3:40 5/6 Lil' Dragon	3:40 5/6 Lil' Dragon		
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	
4:40 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 Junior Program	5:25 9-12 Junior Program	5:25 9-12 Junior Program	5:25 9-12 Junior Program	5:15 Special Needs: Autism	
5:45 - 6:45 Yoga: I		5:30 - 7:00 Yoga: I/II			
6:15 Advanced Class	6:10 Intermediate/BB	6:15 Advanced Class	6:10 Intermediate/BB		
7:00 Capoeira	7:00 Aikido	7:00 Capoeira	7:00 Aikido		
7:00 - 8:15 Yoga: I/II	7:10 Adult Class	7:15- 8:45 Yoga: II/III	7:10 Adult Class		