

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		7:30am (1hr) Qi class Fundamentals		7:30am (1hr) Qi class Fundamentals	8:00am (1hr) Qi / NoQi Coaches & Assist.	9:00am (1hr) Open Mat All Levels
12:00pm (1hr) Qi class Fundamentals				12:00pm (1hr) NoQi class Fundamentals	9:15am (45mins) Qi class Kids 4+ yrs	10:00am (1hr) Open Mat All Levels
					10:00am (1hr) Qi class Fundamentals	
	5:30pm (45mins) Qi class Kids 4-8 yrs		5:30pm (45mins) Qi class Kids 4-8 yrs			
6:15pm (45mins) Qi class Kids 8+ yrs	6:15pm (45mins) Qi class Kids 8+ yrs	6:00pm (1hr) Qi class Drilling / specific Intermediate	6:15pm (45mins) Qi class Kids 8+ yrs	6:00pm (1hr) Qi class Drilling / specific Intermediate		
7:00pm (1hr) Qi class Fundamentals	7:00pm (1hr) Qi class All Levels	7:00pm (1hr) Qi class Fundamentals	7:00pm (1hr) Qi class All Levels	7:00pm (1hr) Qi class Fundamentals		
8:00pm (30mins) Open Mat All Levels	8:00pm (1hr) NoQi class All Levels	8:00pm (30mins) Qi class All Levels	8:00pm (1hr) NoQi class All Levels	8:00pm (30mins) Open Mat All Levels		

