

Cho's Academy & White Lotus Yoga : Schedule of Classes

effective 9/1/2010

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>mornings</i>						
6:00						
6:30						
7:00						
9:05	yoga fundamentals*	yang yoga 1	yang hot power yoga	yang yoga 2	yang warrior yoga 3	
9:30						family yoga
10:30			restorative immersions*			
11:00	kundalini yoga	yin yoga		yin yoga	pre-natal yoga*	kids open tkd
<i>afternoons</i>						
12:15	Kickfit kickboxing-music	yang hot power yoga	Kickfit kickboxing-music	yang hot power yoga		adult open tkd
2:00						workshops
3:15	panthers tkd a/b (3.5-4)		panthers tkd a (3.5-4)	panthers tkd b (3.5-4)		
3:30						
4:05		kids bgr tkd (5-13) wt		kids bgr tkd (5-13) wt	youth yoga	
4:30	kids intr tkd (5-13) ylw		kids intr tkd (5-13) ylw			
<i>evenings</i>						
5:15		youth yoga*		Kids demo/fight teams	kids adv tkd (5-13) orgn	
5:45	yang yoga		yang warrior yoga			
6:15					yang yoga HOLD	
6:30		adult open tkd				
7:00				adult open tkd		
7:30	bjj - combat wrestling	adult bgr/adv HOLD	bjj - combat wrestling	adult bgr/adv HOLD	Kickfit kickboxing HOLD	

Green Blocks Indicate Adult Yoga

Orange Blocks Indicate Youth Yoga

Blue Blocks Indicate Youth TKD

Red Blocks Indicate Adult TKD & Kickboxing

Grey Blocks Indicate Adult Grappling

SPECIAL SCHEDULE NOTES ON NEXT PAGE >>>

YOGA:

Asterisks: Classes with an asterisk indicate sign-up series classes. Inquire with Ms. Dana Sara for more details.

Private Lessons Available: Inquire with Ms. Dana Sara for Yoga.

2010 Family Night Tentative Schedule (Fridays): ~~Jan 29th~~ - ~~Mar 26th~~ - ~~May 21st~~ - Sep 24th - Dec 3rd

Adult Workshops: Please ask for our Workshop Schedule for more info about the many martial art and yoga workshops offered.

Classes on HOLD: These classes will be added as student membership numbers grow.

TKD:

Saturday Bootcamps: 3rd Saturday of every month, classes at their regularly scheduled times, will be held at the LB HS track—kids & adults (weather permitting).

Private Lessons Available: Inquire with Mr. Cho for TKD.

2010 TKD Testing Schedule (Sundays): ~~Feb 28th~~ - ~~Apr 25th~~ - ~~Jun 27th~~ - ~~Aug 29th~~ - Oct 24th - Dec 12th *2011 To Be Announced Soon*

2010 Family Night Tentative Schedule (Fridays): ~~Jan 29th~~ - ~~Mar 26th~~ - ~~May 21st~~ - Sep 24th - Dec 3rd

2010 Special Closures: ~~May Memorial Day~~, Sept Labor Day, Nov Thanksgiving Weekend, Dec & Jan 12/24 thru 1/3

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