Schedule of Classes

Five Element Martial Arts & Healing Center

MONDAYS:

5:30-6:30 PM ***FEMA- Taiji & Qigong-*** *(13 & older)*

6:30-7:00 PM ***FEMA- Advanced Class***

Last Monday of each Month: 5:30-6:30PM

FREE CLASS – "Get Your Chi Together" OPEN to ALL

WEDNESDAYS:

4:30-5:15 PM ***FEMA-Little Elements*** *(4-7 girls/boys)*

5:30-7:00 PM ***FEMA-Family Class*** *(All 8+)*

THURSDAYS: Call for Info

FEMA *by Appt. Only* **- *Iaido Club*** *(13 & older)*

SUNDAYS:

10:30-12:30 PM City of Lakes Taiji Club