



Liu Institute International

Shaolin • Taiji • Qigong • Health & Wellnes

New Orleans Class Schedule Fall 2005

Mon. Wed.

| | | |
|-------------|--|--------------|
| 11:00-11:50 | Lunch Tai Chi | Adults |
| 4:45-5:30 | Shaolin Kung fu (little warriors beginner) | Kids |
| 5:30 -6:00 | Private Only | |
| 6:00-6:50 | Tai Chi Kungfu/Qigong Beginner | All ages |
| 6:50-7:50 | Intermediate Taiji/Weapons | Adults |
| 7:50-8:40 | Shaolin Kungfu Cardio Beginner | Teens/Adults |
| 8:40-9:30 | Shaolin Sanshou/Sanda Kickboxing | Teens/Adults |

Tue. Thur.

| | | |
|-------------------------|--|-----------------|
| 4:45-5:30 | Shaolin Kung fu (little warriors beginner) | Kids |
| 5:30 -6:00 | Private Only | |
| 6:00-6:50 | Shaolin Kungfu/Beginner | Youth and Teens |
| 6:00-6:50 | Shaolin Kungfu/Beginner (25 and above) | Adults |
| 6:50-7:50 | Shaolin Kungfu Intermediate/Weapons | Teens/Youth |
| 6:50-7:50 | Shaolin Kungfu Intermediate/Weapons | Adults |
| 7:50-8:40 | Tai Chi Kungfu/Qigong | All Ages |
| 8:40-9:30 | Shaolin Sanshou/Sanda Kickboxing | Teens/Adults |
| <u>8:40-9:30</u> | <u>Instructors/Advanced Shaolin Candidates Training</u> | |

Friday.

| | | |
|-------------------------|--|--------------|
| 4:45-5:30 | Shaolin Kung fu (little warriors beginner) | Kids |
| 5:30 -6:00 | Private Only | |
| 6:00-6:50 | Tai Chi/Qigong | Mixed Ages |
| 6:00-6:50 | Intermediate Tai Chi | Adults |
| 6:50-7:50 | Shaolin Kungfu | Teens/Youth |
| 6:50-7:50 | Shaolin Kungfu | Adults |
| 6:50-7:50 | Shaolin Kungfu Intermediate/Weapons | All Ages |
| 7:50-8:40 | Shaolin Cardio Kickboxing | All Ages |
| 8:40-9:30 | Shaolin Sanshou/Sanda Kickboxing | Teens/Adults |
| <u>8:40-9:30</u> | <u>Instructors/Advanced Shaolin Candidates Training</u> | |

Saturday

| | | |
|---------------------------|--|--------------|
| 9:00- 10:00 AM | Tai Chi Kungfu/Qigong/Beginner | \Family |
| 10:00-11:00 | Shaolin Kungfu | Family |
| 11:00-12:00 | Shaolin Kungfu Intermediate | Teens/Adults |
| 11:00-12:00 | Taiji Gong Fu Intermediate | All Ages |
| <u>11:00-12:30</u> | <u>Instructors/Advanced Shaolin Pre-Discipleship Candidate Training</u> | |

All Students required wearing school shoes and solute before entering the school. One floor is designated for each class. All classes will share the floors when there are more than two classes at the same time.