



ZHEN REN CHUAN

真人拳

THE ART OF THE TRUE HUMAN BEING



真人拳

*Classes Effective December 10, 2018*

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
					8:00AM Tai Chi/ Chi Gong	
12:00 PM Adults & Beginners		12:00 PM Adults & Advanced	12:00 PM Tai Chi/ Chi Gong	12:00 PM Adults	9:15 AM Pee Wee	
	3:45 PM All Children		3:30 PM Pee Wee	3:45 PM All Juniors	10:15 AM All Juniors	9:45 AM All Juniors
4:45 PM All Juniors	4:45 PM Beginner Juniors	4:45 PM Advanced Child	4:45 PM <b>IEP by Appointment</b>	4:45PM Beginner Children	11:15 AM All Children	
5:45 PM All Children	5:45PM Advanced Juniors	5:45 PM Beginner Children	5:45 PM All Children	5:45PM Advanced Children	1:00PM Any Adult & Juniors	
7:00 PM Adults & Beginners	7:00 PM Adults	7:00PM Adults	7:00 PM All Juniors	7:00PM Adults	2:00PM Test & Test Review	
	7:50 PM Advanced Adults		8:00 PM Adults & Beginners	8:00PM Test & Test Review	3:30PM <b>Internal Energy (IEP) Practice by Appt.</b>	

Adult Lessons (Ages 15 & above) – Beginner through Advanced Adults (1<sup>st</sup> Degree & Above)  
 Tai Chi/Chi Gong (Ages 15 & above) Public-Pay per Class Basis / Existing Students-No Charge  
**Specialty Training**-Iron Palm Training, Bagua Walk or Sun Do Energy Practice-Adults  
**Internal Energy Practice (IEP)** Help cultivate the internal energy circuits of the body which in turn builds the relationship between mind, body, emotion and higher self. No Charge - By Appointment  
 Children's Classes (**Beginner & All Belt Ranks**), 45 Minutes, (Ages 7-10) Attend in Uniform  
 Junior's Classes (**Beginner & All Belt Ranks**), 45 Minutes, (Ages 10-15) Can Use Changing Rooms  
 Advanced Junior, 45 Minutes 5<sup>th</sup> Section and Above (Ages 10-15) Can Use Changing Rooms  
 Advanced Child, 45 Minutes 4<sup>th</sup> Section & Above, (Ages 7-10) Attend in Uniform  
 Pee Wee Lessons, Up to 45 Minutes, (Ages 5-7) Attend in Uniform  
 Saturday 1:00PM Lesson- Non Student Adults May Attend this Complimentary Lesson with their Junior Student  
**Overlapping Ages Allow for Maturity Distinctions. No Refunds for Training.**  
**Students should arrive 15 minutes prior to any of your scheduled lesson.**  
**Attend with Sneakers/No Flip Flops-We may practice outside**