

Self-Mastery Systems: Schedule of Classes

4109 Sampson Road, Silver Spring, MD 20906 (301) 325-8279 www.SelfMasterySystems.org



Schedule of Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Morning Meditation</u> 5:00 - 6:00 am						
<u>Morning Yoga</u> 6:00 - 7:00 am						
<u>Tai Chi Chuan</u> 7:30 - 9:00 am		<u>Tai Chi Chuan</u> 7:30 - 9:00 am		<u>Tai Chi Chuan</u> 7:30 - 9:00 am		
					<u>Yoga</u> 10:00 - 11:00 am	<u>Advanced Tai Chi Chuan</u> 10:00 - 11:00 am
					Moyo Fitness 11:00 - 12:00 pm	Push Hands 11:00 - 12:00 pm
	<u>Tai Chi Chuan</u> 12:30 - 2:00 pm		<u>Tai Chi Chuan</u> 12:30 - 2:00 pm		<u>Shaolin Kung Fu</u> 12:00 - 1:00 pm	Shackled Hands 12:00 - 1:00 pm
					Applications/Grappling 1:00 - 2:00 pm	Open Forms 1:00 - 2:00 pm
After School Program 3:30 - 6:00 pm						
Moyo Fitness 6:00 - 7:00 pm	Moyo Fitness 6:00 - 7:00 pm	Moyo Fitness 6:00 - 7:00 pm	Moyo Fitness 6:00 - 7:00 pm	Moyo Fitness 6:00 - 7:00 pm		
<u>Shaolin Kung Fu</u> 7:00 - 8:00 pm	<u>Tai Chi Chuan</u> 7:00 - 8:00 pm	<u>Shaolin Kung Fu</u> 7:00 - 8:00 pm	<u>Yoga</u> 7:00 - 8:00 pm	Capoeira 7:00 - 8:00 pm		