



# Lehigh Valley Martial Arts

544 Jubilee Street  
 Emmaus, Pa 18049  
 610-966-2234



| Time        | Monday                               |                                      | Tuesday                                   |   | Wednesday                            |  | Thursday                                  |  | Friday                           |   |
|-------------|--------------------------------------|--------------------------------------|---|---|--------------------------------------|--|---|--|----------------------------------|---|
| 11:30-11:50 | Little Ninjas (Ages 3 - 4)           |                                      | Adult Tai Chi<br>11:00 – 11:45am          |   | Little Ninjas (Ages 3 - 4)           |  | Adult Tai Chi<br>11:00 – 11:45am          |  |                                  |   |
| 4:00 – 4:30 | Tutoring Session                     |                                      | Tutoring Session                          |   | Expert                               |  | Tutoring Session                          |  | Tutoring Session                 |   |
| 4:30 – 5:30 | Advanced Peaceful Warrior            | Beginner (Ends 5:15)                 | Peaceful Warrior                          | Beginner (Ends 5:15)                      | Advanced Peaceful Warrior            | Beginner (Ends 5:15)                         | Peaceful Warrior                          | Beginner (Ends 5:15)                     | Expert                           | Black Sash Prep                           |
| 5:30–6:30   | Peaceful Warrior (Adult & Child)     | Beginner (Ends 6:15) (Adult & Child) | Advanced Peaceful Warrior (Adult & Child) | Little Ninjas (Ages 3 - 5) (5:45 to 6:15) | Peaceful Warrior (Adult & Child)     | Beginner (Ends 6:15) (Adult & Child)         | Advanced Peaceful Warrior (Adult & Child) | Little Ninjas (Ages 3 - 5) (5:45 - 6:15) | Peaceful Warrior (Adult & Child) | Advanced Peaceful Warrior (Adult & Child) |
| 6:30 – 7:45 | Black Sash Prep Ends 7:30            | Adult All Ranks (Beg. End 7:15)      | Expert                                    | Adult All Ranks (Beg. End 7:15)           | Black Sash Prep Ends 7:30            | Concept & Theory Foundations (by invitation) | Expert                                    | Adult All Ranks (Beg. End 7:15)          | Tutoring Session 6:30 – 7:00     | Beginner (Ends 7:15) (Adult & Child)      |
| 7:45 – 8:45 | Adult - Tai Chi Beginners End @ 8:30 |                                      |   |   | Adult - Tai Chi Beginners End @ 8:30 |  |   |  |                                  |   |

## Saturday

| 9:00-10:00       | 9:00-10:00                | 10:00-10:45              | 10:00-11:00 | 10:45-11:45     | 11:00 – 11:30     |
|------------------|---------------------------|--------------------------|-------------|-----------------|-------------------|
| Peaceful Warrior | Advanced Peaceful Warrior | Beginner (Adult & Child) | Expert      | Black Sash Prep | Tutoring Sessions |

Beginner = White Sash    Peaceful Warrior= Yellow-High Green    Advanced Peaceful Warrior= Red-High Brown    Black Sash Prep= Silver    Expert = Black Sash

**This schedule will be effective March 1, 2017**