

Rising Phoenix Martial Arts Weekly Calendar

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	5:00 - 5:30 Lil Dragons Section A	5:00 - 5:45 Young Warriors	5:00 - 5:45 Yoga	5:00 - 5:45 Young Warriors	5:00 - 5:30 Lil Dragons Section A	10:30 - 11:30 Advanced Class
	5:45 - 6:15 Lil Dragons Section B	6:00 - 7:00 Adult Karate		6:00 - 7:00 Adult Karate	5:45 - 6:15 Lil Dragons Section B	11:30 - 12:30 Self- Defense Lab
		7:15 - 8:15 Tai Chi Ch'uan		7:15 - 8:15 Tai Chi Ch'uan		1:00 - 1:45 Young Warriors
Our 5 Dojo Kun:	Strive for a good moral character.	Keep an honest and sincere way.	Cultivate perseverance	Develop a respect for all things	Restrain physical aggression through spiritual attainment.	