



INTEGRAL TAI CHI CLASS SCHEDULE

Fall 2016
Sept 12 – Dec 18

iTC CENTER:	Hong Kong City Mall 4 — 2 nd Floor, Suite B-29 (11205 Bellaire Blvd. – Houston, TX 77072)		
CK10 — Level 1	Tues & Thurs	7:00 – 9:00 pm	
	Sat	10:00 – 12:00 pm	
CK10 — Levels 1 & 2	Fri	9:00 – 11:00 am	Completed CK10 – Levels 1 & 2
CK10 — Level 3	Tues & Thurs	5:00 – 7:00 pm	Completed CK10 – Level 1 & 2
CK10 — Flow	Sun	8:00 – 10:00 am	
Exercise for Elders	Sun	10:00 – 12:00 pm	
Flat	Mon & Wed	8:00 – 10:00 am	Completed CK10 – Levels 1, 2 & 3
Advanced Flat	Mon & Wed	7:00 – 9:00 pm	
Meditations	Tues	8:00 – 10:00 am	Peace Meditation
	Sat	2:00 – 4:00 pm	Meditation for Beginners
	Sat	7:00 – 10:00 am	Avatamsaka Meditation

Level 1 (Warm-up, Frog, Buffalo, Crane); Level 2 (Dragon, Phoenix, Heaven, Earth); Level 3 (Tiger, Butterfly, Turtle)

SATELLITE LOCATIONS: *(English-speaking classes)*

CENTRAL, River Oaks	River Oaks Community Center (CC) 3600 Locke Lane – Houston, TX 77027	Tues & Thurs	6:00 - 8:00 pm	CK10 – Levels 1, 2 & 3
NORTHEAST, Humble	Humble Senior Activity Center 1401 South Houston – Humble, TX 77338	Tues & Thurs	1:30 - 3:30 pm	Flow
NORTHEAST, Humble	Kingwood Community Center 4102 Rustic Woods Dr. – Kingwood, TX 77345	Mon & Thurs	6:00 - 8:00 pm	CK10 – Levels 1, 2 & 3
WEST	Kendall Neighborhood Library 609 N. Eldridge Pkwy. – Houston, TX 77079	Mon & Wed	6:00 - 8:00 pm	CK10 – Levels 1, 2 & 3
NORTH	Mangum-Howell Center (Doss Park) 2500 Frick Rd. – Houston, TX 77038	Wed & Thurs	7:00 - 9:00 pm	Flat
NORTHWEST, Cypress	Cypress Monkey Bar Gym 13626 Kluge Rd. – Cypress, TX 77429	Sun	8:00 - 10:00 am	CK10 – Levels 1, 2 & 3
NORTHWEST	Lotus Hands Acupuncture Clinic 11427 Jones Rd. – Houston, TX 77070	Tues & Thurs	6:15 - 7:45 pm	CK10 – Level 3
SOUTHEAST	Parker Williams Library 10851 Scarsdale Blvd. – Houston, TX 77089	Wed Sat	6:00 - 8:00 pm 9:30 - 11:30 am	CK10 – Levels 1, 2 & 3
SOUTHWEST	Alief Park & Community Center 11903 Bellaire Blvd. – Houston, TX 77072	Sat	8:00 - 10:00 am	Flat

Call **832.543.3277** for details!

Compassionate Service Society – South

832-LIFE-CSS | www.css-south.org | www.facebook.com/integralTaiChi