



ITC CENTER: Hong Kong City Mall 4 — 2nd Floor, Suite B-29
(11205 Bellaire Blvd. – Houston, TX 77072)

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|--------------------------|--------------|------------------|----------------------------------|
| CK10 — Level 1 | Tues & Thurs | 5:00 - 7:00 pm | |
| | Tues & Thurs | 7:00 - 9:00 pm | |
| | Sat | 10:00 - 12:00 pm | |
| CK10 — Level 1 & 2 | Fri | 9:00 - 11:00 am | Completed CK10 – Level 1 |
| CK10 — Level 3 | Sun | 10:00 - 12:00 pm | Completed CK10 – Levels 1 & 2 |
| Mixed CK10 1 / Flow 1 | Sun | 8:00 - 10:00 am | Completed CK10 – Levels 1, 2 & 3 |
| Flat | Mon & Wed | 8:00 - 10:00 am | Completed CK10 – Levels 1, 2 & 3 |
| Advanced Flat | Mon, Wed | 7:00 - 9:00 pm | |
| Flow | Mon & Wed | 3:00 - 5:00 pm | |
| Meditation | Tues | 8:00 - 10:00 am | Peace Meditation |
| | Sat | 7:00 - 10:00 am | Avatamsaka Meditation |

CK10: Level 1 (Warm-up, Frog, Buffalo, Crane); Level 2 (Dragon, Phoenix, Heaven, Earth); Level 3 (Tiger, Butterfly, Turtle)

SATELLITE LOCATIONS: *(English-speaking class)*

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|------------------------|---|-----------------|-----------------------------------|--------------------------|
| CENTRAL, River Oaks | River Oaks Community Center (CC) 3600 Locke Lane – Houston, TX 77027 | Tues & Thurs | 6:00 - 8:00 pm | CK10 – Level 2 |
| NORTH | Mangum-Howell Center (Doss Park) 2500 Frick Rd. – Houston, TX 77038 | Wed & Thurs | 7:00 - 9:00 pm | Flat |
| NORTHEAST, Humble | Humble Senior Activity Center 1401 South Houston – Humble, TX 77338 | Tues & Thurs | 1:30 - 3:30 pm | Flow |
| NORTHEAST, Kingwood | Kingwood Community Center 4102 Rustic Woods Dr. – Kingwood, TX 77345 | Mon & Thurs | 6:00 - 8:00 pm | CK10 – Level 1 |
| NORTHWEST, Cypress | Cypress Monkey Bar Gym 13626 Kluge Rd. – Cypress, TX 77429 | Sun | 8:00 - 10:00 am | CK10 – Levels 1 & 2 |
| 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 |
| WEST | Kendall Neighborhood Library 609 N. Eldridge Pkwy. – Houston, TX 77079 | Mon & Wed | 6:00 - 8:00 pm | CK10 – Levels 1, 2, 3 |

Call 832.543-3277 for details!