



# INTEGRAL TAI CHI CLASS SCHEDULE

## Spring 2017 Jan 2 – Apr 16

**iTC CENTER:** Hong Kong City Mall 4 — 2<sup>nd</sup> 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	
CK10 — Flat	Mon & Wed	8:00 – 10:00 am	
	Tues & Thurs	5:00 – 7:00 pm	
CK Flow Series	Sun	8:00 – 10:00 am	
CK Advanced Flat	Mon & Wed	7:00 – 9:00 pm	
Meditations	Tues	8:00 – 10:00 am	Peace Meditation
	Sat	7:00 – 10:00 am	Advanced Avatamsaka Meditation

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

### SATELLITE LOCATIONS: *Highlighted are English-speaking classes (6)*

CENTRAL, River Oaks	River Oaks Community Center (CC) 3600 Locke Lane – Houston, TX 77027	Tues	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	CK10 — Flat
NORTHEAST, Humble	Humble Senior Activity Center 1401 South Houston – Humble, TX 77338	Tues & Thurs	1:30 - 3:30 pm	CK Flow Series
NORTHEAST, Humble	Kingwood Community Center 4102 Rustic Woods Dr. – Kingwood, TX 77345	Mon & Thurs	6:00 - 8:00 pm	CK10 – Levels 1 & 2
SOUTHWEST	Alief Park & Community Center 11903 Bellaire Blvd. – Houston, TX 77072	Sat	8:00 - 10:00 am	CK10 — Flat
WEST	Kendall Neighborhood Library 609 N. Eldridge Pkwy. – Houston, TX 77079	Mon & Wed	6:00 - 8:00 pm	CK10 – Levels 1, 2 & 3
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 10815 Scarsdale Blvd. – Houston, TX 77089	Wed Sat	6:00 - 8:00 pm 9:30 - 11:30 am	CK10 – Levels 1, 2 & 3

# Call 832.543.3277 for details!

**Compassionate Service Society – South**

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