



INTEGRAL TAI CHI CLASS SCHEDULE

Summer 2017 May 15 – Aug 20

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

CK10 — Level 1	Tues & Thurs	5:00 – 7:00 pm
	Tues & Thurs	7:00 – 9:00 pm
CK Flow Series	Sun	8:00 – 10:00 am
CK10 — Levels 1 & 2	Fri	9:00 – 11:00 am
CK10 — Flat	Mon & Wed	8:00 – 10:00 am
	Thurs	9:00 – 11:00 am
CK Advanced Flat	Mon & Wed	7:00 – 9:00 pm
Exercise for Happy & Healthy Life	Sat	10:00 – 12:00 pm
Peace Meditation	Tues	8:00 – 10:00 am
Advanced Avatamsaka Meditation	Sat	7:00 – 10:00 am

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 Community Center (CC) 3600 Locke Lane – Houston, TX 77027	Tues & Thurs	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	1:00 - 3:00 pm	CK Flow Series
NORTHEAST, Kingwood	Kingwood Community Center 4102 Rustic Woods Dr. – Kingwood, TX 77345	Mon & Thurs	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 – 8:00 pm	CK10 – Flat
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
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

Call **832.543.3277** for details!



Compassionate Service Society – South
832-LIFE-CSS | www.css-south.org | www.facebook.com/integralTaiChi