





# INTEGRAL TAI CHI CLASS SCHEDULE

## Spring 2018 Jan 01 – Apr 15

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

<b>iTC CENTER:</b>	11205 Bellaire Blvd., Suite B-29 Houston, TX 77072		(at Hong Kong City Mall, 2 <sup>nd</sup> Floor)
CK10 — Level 1	Tues & Thurs	7:00 pm – 9:00 pm	
CK10 — Level 3	Mon & Wed	5:00 pm – 7:00 pm	
CK10 — Levels 1 & 2	Fri	9:00 am – 11:00 am	
CK10 Flat	Mon & Wed	8:00 am – 10:00 am	
	Thurs	9:00 am – 11:00 am	
CK10 Advanced Flat	Mon & Wed	7:00 pm – 9:00 pm	
Exercise for Happy Heaven, Healthy Life	Sat	10:00 am – 12:00 pm	
 Youth Class	Sat	12:00 pm – 2:00 pm	
 Peace Meditation	Tues	8:00 am – 10:00 am	
	Sat	6:30 pm – 8:30 pm	
	Sun	8:00 am – 10:00 am	
Advanced Avatamsaka Meditation	Sat	7:00 am – 10:00 am	

### SATELLITE LOCATIONS: *Highlighted are Vietnamese-speaking classes (2)*

<b>CENTRAL</b>	River Oaks Community Center 3600 Locke Lane – Houston, TX 77027	Tues	6:00 pm – 8:00 pm	CK10 – Levels 1, 2 & 3
<b>NORTH</b>	Mangum-Howell Center (Doss Park) 2500 Frick Rd. – Houston, TX 77038	Wed & Thurs	7:00 pm – 9:00 pm	CK10 – Flat
<b>NORTHEAST, Humble</b>	Humble Senior Activity Center 1401 South Houston – Humble, TX 77338	Tues & Thurs	1:00 pm – 3:00 pm	CK Flow Series
<b>NORTHEAST, Kingwood</b>	Kingwood Community Center 4102 Rustic Woods Dr. – Kingwood, TX 77345	Mon	6:00 pm – 8:00 pm	CK10 – Levels 1, 2 & 3
<b>NORTHWEST</b>	Chùa Quang Đức 17703 French Road – Houston, TX 77084	Sun	8:00 am – 10:00 am	CK10 – Level 1
<b>NORTHWEST</b>	Lotus Hands Acupuncture Clinic 11427 Jones Rd. – Houston, TX 77070	Tues & Thurs	6:15 pm – 8:00 pm	CK10 – Flat
<b>SOUTHEAST</b>	Parker Williams Library 10815 Scarsdale Blvd. – Houston, TX 77089	Wed	6:00 pm – 8:00 pm	CK10 –
		Sat	9:30 am – 11:30 am	Levels 1, 2 & 3
<b>SOUTHWEST</b>	Alief Park & Community Center 11903 Bellaire Blvd. – Houston, TX 77072	Sat	8:00 am – 10:00 am	CK10 – Flat
<b>WEST</b>	Tracy Gee Community Center 3599 West Center Dr. – Houston, TX 77042	Mon & Wed	6:30 pm – 8:30 pm	CK10 – Level 3

# Call 832.543.3277 for details!



Compassionate Service Society – South  
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