

MHANM CLASS SCHEDULE

AUGUST 18-DECEMBER 23, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:00-6:00PM INTERNAL MARTIAL ARTS LAB + NO CLASSES: <i>9/8</i> <i>9/15</i>		5:00-6:00PM INTERNAL MARTIAL ARTS LAB + NO CLASSES: <i>9/10</i> <i>9/24</i> <i>11/26</i> <i>12/24</i>			**10:00-11:00AM **QIGONG W/ CHRIS LASETER **11:00-12:00PM **TAIJI & INTERNAL ARTS LAB W/ CHRIS LASETER + NO CLASSES: <i>9/13</i> <i>9/27</i>