

# MHANM CLASS SCHEDULE

## AUGUST 18-DECEMBER 23, 2026

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