



Ling's Martial Arts & Wellness

凌氏武术&保健馆

Weekly Class Schedule

176 W Carmel Drive, Carmel IN 46032

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Karate - youth			4:00 - 5:00 pm			6:15 - 7:15 pm	
Karate - adult			4:00 - 5:00 pm			6:15 - 7:15 pm	
Aikido youth & adult			5:15 - 6:15 pm				2:15 - 3:15 pm
Kobudo youth & adult						7:15 - 8:15 pm	
Kung Fu youth & adult			6:15 - 7:15 pm				3:15 - 4:15 pm
Taiji for Health		10 -11:00 am*					
Taiji 101						4:00 - 5:00 pm*	
Taiji		5:30 - 6:30 pm*			5:45 - 6:45 pm*	5:00 - 6:00 pm*	4:30 - 5:30 pm*
Taiji Advanced		6:30 - 7:30 pm*					
Taiji Sword/Fan					6:45 - 7:15 pm*		5:30 - 6:15 pm*

* Class available online, contact Master Ling for link

Dr. Zhichao Ling (765) 437-8813
 Founder, President, Master Instructor
 Alternative Healing and Private Lessons by appointment

LingsOrientalMartialArts.com
 LingTaiji.com
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