



JIA
your ultimate lifestyle choice

time	mon	tue	wed	thur	fri	sat	sun
9-10am	Qi Gong	Qi Gong	Qi Gong		Qi Gong	Qi Gong	Qi Gong
10-11am	Women's Kickboxing self-defence	Adult Wushu			Women's Kickboxing self-defence	Kids'wushu (5-8)	Kids'wushu (5-8)
11-12pm		Tai Chi				Kids'wushu (7-12)	Kids'wushu (7-12)
12-1pm							
1-2pm							
2-3pm							
3:30-4:30pm	Kids'wushu (5-8)	Kids'wushu (5-8)	Kids'wushu (5-8)		Kids'wushu (5-8)		
4:30-5:30pm	Kids'wushu (7-12)	Toddler wushu	Kids'wushu (7-12)		Kids'wushu (7-12)		
5:30-6:30pm	Kids'wushu (5-8)	Kids'wushu Advanced	Kids'wushu (5-8)		Performance Team		
6:30-7:30pm			Kickboxing self-defence		Qi Gong		
7:30-8:30pm			Adult wushu				

JIA MENU

- **JIA PRIVATE TRAINING** (available at other time at different fee from regular group class)
- **JIA BIRTHDAY PARTY**
- **JIA GIFT VOUCHERS**

pls contact us personally for more information @ 347-222-18

WELLNESS WORKSHOPS @ JIA for the Mind, Body & Soul...mark these dates:

PROFESSIONAL COACHING

29 Feb : What is Professional Coaching?

Would you like to transform your 2012 New Year resolutions into reality? Join Sofie for an interactive session on how you can make your goals stick & get a better understanding of the effects & benefits of coaching!

HEALTH & NUTRITION

Join Keith, our Health Coach, to unleash the **NEW YOU!**

3 Mar : Eating for energy

31 Mar : Tackling stress with nutrition

28 Apr : Are nutrition myths making you sick?

26 May : Weigh less, live more!

QI GONG..WHAT IS IT REALLY??

7 Mar : How QI GONG can help you live longer & stay youthful!!

WORKSHOPS TO BE ANNOUNCED: I CHING,

THERAPEUTIC HEALING THRO HYPNOSIS REGRESSION,

ZEN & FENGSHUI, 2012 MAYAN CALENDAR, REIKI HEALING, TRADITIONAL CHINESE MEDICINE.....

