

	Downstairs	Studio		Big Room	Downstairs	Studio		Big Room	Downstairs	Studio		Big Room	Downstairs	Studio
	Thursday	Thursday		Friday	Friday	Friday		Saturday	Saturday	Saturday		Sunday	Sunday	Sunday
7:00	<b>For those staying at designated lodging</b>		7:00	<b>For those staying at designated lodging</b>			7:00	<b>For those staying at designated lodging</b>			7:00	<b>For those staying at designated lodging</b>		
7:30	<b>*We will pick you up each day@7:30am</b>		7:30	<b>*We will pick you up each day@7:30am</b>			7:30	<b>*We will pick you up each day@7:30am</b>			7:30	<b>*We will pick you up each day@7:30am</b>		
8:00	<b>8:00 am Breakfast</b>		8:00	<b>8:00 am Breakfast served @ the school</b>			8:00	<b>8:00 am Breakfast served @ the school</b>			8:00	<b>8:00 am Breakfast served @ the school</b>		
9:00	All Disciples		9:00	All Disciples			9:00	OPEN QiGong	HSG + KungFu		9:00	All Disciples	Open KungFu	
10:00	Revision		10:00	Revision			10:00		Ching Chon		10:00	Revision	Inside gate Ba	
10:30	Outside BaGwa		10:30	Outside BaGwa			10:30	Long Stick	Chune Long Jong		10:30	Outside BaGwa	Gwa Fighting	
11:00	Short Stick		11:00	Short Stick			11:00	Meditation	Sin Jong Di Hoy		11:00	Short Stick	Double Daggers	
11:30	Di Lohan		11:30	Di Lohan			11:30		Di Hou Mun Jong 2nd Door		11:30	Di Lohan		
12:00	Meditation		12:00	Meditation			12:00		Di Hou Mun Jong 1st Door		12:00	Meditation		
12:30	<b>Lunch Served at 12:15pm to those registered</b>		12:30	<b>Lunch Served at 12:15pm to those registered</b>			12:30	<b>Lunch Served at 12:15pm to those registered</b>			12:30	<b>Lunch Served at 12:15pm to those that registered</b>		
13:00			13:00				13:00				13:00			
13:30			13:30				13:30				13:30			
14:00			14:00				14:00		1:30 -4:00pm		14:00			
14:30			14:30				14:30		Open KungFu		14:30			
14:30	Leopards	Dragons	14:30	Leopards	Dragons		14:30	Leopards	Double Daggers	Dragons	14:30			
15:00	Tigers	New Learning	15:00	Tigers	New Learning		15:00	Tigers	Inside gate Ba	New Learning	15:00			
16:00	Revision	Inside Ba Gwa	16:00	Revision	Inside Ba Gwa		16:00	Revision	Gwa Fighting	Inside Ba Gwa	16:00			
16:30	from morning	5 Elements	16:30	from morning	5 Elements		16:30	from morning		5 Elements	16:30			
17:00	5:00 - 7:00pm		17:00		5:00 - 7:00pm		17:00				17:00			
18:00	HSG + KungFu		18:00		HSG + KungFu		18:00	Montreal 30th Anniversay			18:00			
19:00	ChingJong		19:00		Di Hoy Mun		19:00	Celebrations with Dinner &			19:00			
20:00	ChuneLung		20:00		Jong 1st Door		20:00	Kung fu & QiGong Show			20:00			
21:00	Jong		21:00		Di Hou Mun		21:00	wine, lebanese meat, salads, rice, etc.			21:00			
22:00	Sar Bow Jong		22:00		Jong 2nd door		22:00				22:00			
22:30	Sin Jong		22:30				22:30				22:30			