

	8:00-8:50am	9:00-9:50am	9:50-10:40am	10:40-11:30am	1:00-1:50pm	1:50-2:40pm	2:40-3:30pm	4:00-4:50pm	4:50-5:40pm	5:40-6:30pm	6:30-7:20pm	
Mon	PRIVATE	PRIVATE							Kids Kung Fu (All levels) (儿童少林功夫课)	Kids Kung Fu (Beginner, White Level) (白带, 初级儿童少林功夫课)	Teen & Adult Kung Fu (All levels) (青少年, 成人少林功夫课)	
Tues							3:30-4:00pm Little star Kung Fu Class(3-5 years) (beginner belt) (初级儿童少林功夫课)	Kids Kung Fu (All levels) (儿童少林功夫课)	Kids Kung Fu (Blue belt over) (蓝带以上儿童功夫课)	Teen & Adult Special Weapon Class (青少年, 成人兵器班) 学习级别以外的兵器	TAI CHI HEALTH (太极养生)	
Wed	QI GONG HEALTH/SHAOLIN YOGA (气功养生)	Teen & Adult Kung Fu (All levels) (青少年, 成人少林功夫课)	Women Self Defense (女子防身课)						Kids Kung Fu (Beginners, White Belt) (初级, 白带儿童少林功夫课)	Kids Kung Fu (Blue belt over) (蓝带以上儿童功夫课)	Teen & Adult Kung Fu (All levels) (青少年, 成人少林功夫课)	
Thurs		Teen & Adult Kickboxing (踢打训练)					3pm-3:50pm PRIVATE	Kids Kung Fu (All levels) (儿童少林功夫课)		Kids Kung Fu (Blue belt over) (蓝带以上儿童功夫课)	Teen & Adult Kung Fu (All levels) (青少年, 成人少林功夫课)	
Fri								N/A	N/A	N/A	N/A	
Sat		TAI CHI HEALTH (太极养生)	Kids Kung Fu (All levels) (儿童少林功夫课)	10:40-11:10am Little star Kung Fu Class(3-5 years) (beginner belt) (3-5岁初级儿童功夫课)		Kids, Teen, Adult Weapon Class (成人, 青少年, 儿童家庭兵器课)	Teen & Adult Kung Fu (All levels) (青少年, 成人少林功夫课)	3:30-5:00pm Performance Team Class (表演队训练)				
Sun	Zen & Meditation (禅, 打坐)	QI GONG HEALTH/SHAOLIN YOGA (气功养生)	Kids, Teen, Adult Kung Fu Class (Beginner, White Belt) (成人, 青少年, 儿童家庭功夫课)	Kids, Teen, Adult Kung Fu Class (Over Blue Belt) (成人, 青少年, 儿童功夫课)	N/A	N/A	3:00-3:50pm Kids Kung Fu (All levels) (儿童少林功夫课)	3:50-4:40pm Teen & Adult Kung Fu (All levels) (青少年, 成人少林功夫课)	N/A	N/A	N/A	