

Shaolin Kung Fu & Tai Chi

| Course category | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|-----------------------------------|-----------------------------------|-----------------------------------|---|--------------------------------|-----------------------------------|
| | Private Lessons by appointment | Private Lessons by appointment | Private Lessons by appointment | Private Lessons by appointment | Tea-Tai Chi 9:00-10:20a | |
| Tiny Kung Fu (age 3-5) | | 4:30-5:00p | | 4:30-5:00p | | |
| Little Kung Fu (age 5-7) | 4:45-5:30p | | 4:45-5:30p | | 4:45-5:30p | 9:15-10:00a |
| Kung Fu Basic Basic Weapons No/White Yellow Sash | Wushu Team III 5:30-6:30p | 5:00-6:00p (age 8 to adult) | 5:30-6:30p (age 8 to adult) | 5:00-6:00p (age 8 to adult) | 5:30-6:30p (age 8 to adult) | 10:00-11:00a (age 8 to adult) |
| | Wushu Team II 6:30-8:30p | 6:00-7:00p (age 8 to adult) | 6:30-7:30p (age 8 to adult) | 6:00-7:00p (age 8 to adult) | | 11:00a-12:00p (age 8 to adult) |
| | | 7:00-8:00p (age 8 to adult) | | 7:00-8:00p (age 8 to adult) | | 12:00-1:00p (age 8 to adult) |
| | | | | | | 5:00-6:00p (age 8 to adult) |
| Kung Fu/Weapons Yellow Sash above | | | 6:30-7:30p (age 8 to adult) | | 6:30-7:30p (age 8 to adult) | |
| Kung Fu Weapons Orange Sash above | | | 7:30-8:30p (age 8 to adult) | San Da Self-Defense 8:00-9:00p (age 10 to adult) | 7:30-8:30p (age 8 to adult) | 3:00-4:00p (age 8 to adult) |
| | | | | | 8:30-9:30p (age 8 to adult) | 4:00-5:00p (age 8 to adult) |
| Tai Chi | 8:30-9:30p (Yang) | 8:00-9:00p (Chen) | 8:30-9:30p (Yang) | | | |
| Chinese Painting | | | | | | 11:00a -12:00p |
| 国画 | | | | | | 4:50-6:20p |
| Chinese Calligraphy | | | | | | 3:00-4:30p |
| 书法 | | | | | | |

Schedule is subject to change to best accommodate different sash levels. Classes taught in Mandarin and English