



Southern Shaolin Academy – Class Schedule

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Updated: 05/11/10

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
AM 10:00 11:00	Break	Extreme Close-Quarters Training	School Closed/ Private Lessons	Extreme Close-Quarters Training	School Closed/ Private Lessons	Women's Self-Defense
11:00 12:00	Hung Gar (Beginner & Intermediate)	Hung Gar (Beginner & Intermediate)		Hung Gar (Beginner & Intermediate)		Tai Chi (Beginner & Intermediate)
PM 12:30 1:30	Tai Chi (Beginner & Intermediate)	Tai Chi (Beginner & Intermediate)		Tai Chi (Beginner & Intermediate)		12 - 1:30 pm KIDS' WUSHU (Intermediate) WUSHU DEMO (8 years and up)
	Closed	Closed	Closed	1:30pm – 3pm		
6:00 7:00	Kids' Wushu	Kids' Wushu	Kids' Wushu	Kids' Wushu		Hung Gar (Intermediate)
7:00 8:00	Hung Gar Open Work Out	Hung Gar (Beginner)	Hung Gar (Beginner)	Hung Gar (Beginner)	Tai Chi (Beginner)	Closed
	Wushu (Intermediate)	Tai Chi (Intermediate)	Wushu (Intermediate)	San-Shou Fight Prep	Tai Chi (Intermediate)	
8:00 9:00	Hung Gar (Intermediate)	Hung Gar (Intermediate)	Hung Gar (Intermediate)	Full-Contact Training Open to all disciplines (Minimum 16 years old)		
		Full-Contact Training				