



Shaolin Temple Kung Fu Center

9339 Foothill Blvd. Suite G, Rancho Cucamonga, CA 91730

www.ShaolinABC.com (909) 551-1305 Email: SHAOLINABC@YAHOO.COM

| Time | 3:10-4:00pm | 4:00-5:00pm | 5:00-6:00pm | 6:05-7:05pm | 7:10-8:10pm- | 8:10-9:00pm |
|-------------|-----------------|--------------------------|---------------------------|---------------------------|---------------------------|--------------------|
| TUE 星期二 | Private Lessons | Youth Kung Fu Green & Up | Youth Kung Fu Beginner | Youth Kung Fu Blue Level | Adult Shaolin Health 少林禅武 | Adult Kung Fu 少林功夫 |
| WED 星期三 | : | Youth Kung Fu Beginner | Youth Kung Fu Blue Level | Youth Kung Fu Purple & Up | Adult KungFu 少林功夫 | Private Lessons |
| THUR 星期四 | : | Youth Kung Fu Blue Level | Youth Kung Fu Green & Up | Youth Kung Fu Beginner | Adult Shaolin Health 少林禅武 | : |
| FRI 星期五 | : | Youth Kung Fu Blue Level | Youth Kung Fu Green Level | Youth Kung Fu Purple & Up | Adult Kung Fu 少林功夫 | : |

| Time | 9:00-10:00am | 10:10-11:10am | 1:00-2:00pm | 2:10-3:10pm | 3:15-4:15pm | 4:20-5:20pm | 5:20-6:20pm |
|------------|---------------------|--------------------|------------------------|--------------------------|--------------------------|--------------------------------------|-------------|
| SAT 星期六 | Shaolin Health 少林禅武 | Adult Kung Fu 少林功夫 | Youth Kung Fu Beginner | Youth Kung Fu Blue Level | Youth Kung Fu Green & Up | Youth & Adult Shaolin Sparring 少林实战班 | : |
| SUN 星期日 | Shaolin Health 少林禅武 | Adult Kung Fu 少林功夫 | Youth Kung Fu Beginner | Youth Kung Fu Blue Level | Youth Kung Fu Green & Up | Weapon Class 少林兵器班 | : |

Youth Kung Fu:

Builds self discipline, confidence, and courage.

Adult Kung Fu:

Builds self defense, muscle toning, and wisdom.

Shaolin Health:

Promotes health, reduces stress and increase stamina.

Every 4th Week of the month will be Shaolin Self defense & Sparring Practice. (少林實戰練習)

Private Lessons are available upon request.

私人课请先预约

Effective 9/12/2017 Schedule