



# Shaolin Temple Kung Fu Center

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

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

Time	3:00-3:50pm	4:00-5:00pm	5:05-6:05pm	6:10-7:10pm	7:20-8:20pm
TUE 星期二	Private Lessons	Youth Kung Fu Purple & Up	Youth Kung Fu Beginner	Youth Kung Fu Blue Level	Adult Kung Fu 少林功夫
WED 星期三	4:00 – 4:50pm Youth Kung Fu Beginner	4:50-5:40pm Blue Level	5:40– 6:30pm Green Level	6:30 – 7:20pm Purple & Up	7:20 – 8:20pm Adult Kung Fu 少林功夫
THUR 星期四	:	Youth Kung Fu Green Level	Youth Kung Fu Purple & 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 & Purple	Youth Kung Fu Brown & 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 Level	Youth Kung Fu Purple & Up	
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 Level	Youth Kung Fu Purple & 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 4<sup>th</sup> 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 10/01/2019 Schedule**