



Shaolin Temple Kung Fu Center

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

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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	:	Youth Kung Fu Beginner	Youth Kung Fu Blue Level	Youth Kung Fu Green & Up	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 少林禪武
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
SAT 星期六	Shaolin Health 少林禪武	Adult Kung Fu 少林功夫	Youth Kung Fu Beginner	Youth Kung Fu Blue Level	Youth Kung Fu Green & Up	Youth & Adult 少林實戰 Shaolin Sparring
SUN 星期日	Shaolin Health 少林禪武	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 9/10/2018 Schedule