

EAST WEST KUNG FU

2020 Class Schedule

MONDAY		TUESDAY		WEDNESDAY	
11:00 AM	Adult Class (1hr)	11:00 AM	Adult Class (1hr)	11:00 AM	Adult Class (1hr)
3:45 PM	Ages 6 & under BEG (30min)	12:15 PM	Tai Chi (1hr) (San Ramon Only)	3:45 PM	Ages 6 & under BEG (30min)
4:15 PM	Ages 7-12 White & Yellow (30min)	3:45 PM	Ages 6 & under BEG (30min)	4:15 PM	Ages 7-12 White & Yellow (30min)
4:45 PM	Ages 7-12 Orange & Purple (45min)	4:15 PM	Ages 7-12 White & Yellow (30min)	4:45 PM	Ages 7-12 Orange & Purple (45min)
5:30 PM	Teen Sparring - Orange & above (45min)	4:45 PM	Ages 7-12 Orange & Purple (45min)	5:30 PM	Teen Class (45min)
5:30 PM	Teen Class (45min)	4:45 PM	Youth Sparring - Orange & above (45min)	6:00 PM	Adult Class (1hr)
6:00 PM	Adult Class (1hr)	5:30 PM	Youth Open Class (30min)	6:15 PM	Youth Open Class (30min)
6:15 PM	Youth Open Class (30min)	5:30 PM	Adult Class (1hr)	7:00 PM	Adult Class (1hr)
6:45 PM	*Kid Special Squad (45min)	6:00 PM	Teen Class (45min)	7:00 PM	Int & Adv Class (45min)
7:30 PM	*IBFDA Leadership Training	6:30 PM	Int & Adv Class (45min)	7:00 PM	Adv (1hr) (San Ramon Only)
8:15 PM	*Staff Only	7:00 PM	Adult Class (1hr)		
		7:00 PM	Adult Sparring Class - Orange & above (1hr)		
THURSDAY		FRIDAY		SATURDAY	
11:00 AM	Adult Class (1hr)			10:00 AM	Ages 6 & under BEG (30mins)
3:45 PM	Ages 6 & under BEG (30min)	3:45 PM	Ages 6 & under BEG (30min)	10:00 AM	Tai Chi (1hr) (San Ramon Only)
4:15 PM	Ages 7-12 White & Yellow (30min)	4:15 PM	Ages 7-12 White & Yellow (30min)	10:30 AM	Adult Class (1hr)
4:45 PM	Ages 7-12 Orange & Purple (45min)	4:45 PM	Ages 7-12 Orange & Purple (45min)	10:30 AM	Ages 7-12 White & Yellow (30min)
5:30 PM	Youth Open Class (30min)	5:30 PM	Int & Adv Class (45min)	11:00 AM	Ages 7-12 Orange & Purple (45min)
5:30 PM	Adult Class (1hr)	5:30 PM	Teen Class (45min)	11:30 AM	Teen Class (45min)
6:00 PM	Teen Class (45min)	6:00 PM	Adult Class (1hr)	11:45 AM	Int & Adv Weapons Class (45min)
6:30 PM	Int & Adv Class (45min)	6:15 PM	Youth Open Class (30min)		
7:00 PM	Adult Class (1hr)	6:45 PM	*IBFDA Competition Team (45min)		
7:00 PM	*IBFDA Instructor Training				

BEG (beginning) = White through Purple II

INT (intermediate) = Blue, Green

ADV (advanced) = Brown

* = INVITATION ONLY CLASS