



Houston Songshan Shaolin Temple

CLASS SCHEDULE 課程表

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
4:30 PM 5:30 PM	INTRO TO KUNG FU <small>3 - 12 year olds</small>	KUNG FU CONDITIONING <small>3 - 12 year olds</small>	INTRO TO KUNG FU <small>3 - 12 year olds</small>	SHAOLIN FORMS <small>3 - 12 year olds</small>	10:00 AM 12:00 PM	KUNG FU CONDITIONING & FORMS <small>3 - 16 year olds</small>	KUNG FU CONDITIONING & FORMS <small>3 - 16 year olds</small>
5:40 PM 6:40 PM	TRADITIONAL SHAOLIN 18 WEAPONS	TONG ZI GONG	TRADITIONAL SHAOLIN 18 MOVEMENTS	TONG ZI GONG	12:00 PM 2:00 PM	BREAK	BREAK
7:00 PM 8:00 PM	SAN DA (CHINESE KICKBOXING)	TONG ZI GONG LONGFIST PERFORMANCE TEAM	SAN DA (CHINESE KICKBOXING)	TONG ZI GONG DEMO TEAM	2:00 PM 3:00 PM	SAN DA (CHINESE KICKBOXING)	TONG ZI GONG
					3:00 PM 4:00 PM	TONG ZI GONG	TONG ZI GONG
					4:30 PM 7:30 PM	COMPETITION & DEMO TEAM	COMPETITION & DEMO TEAM

私人課
ONE-ON-ONE TRAINING

Personal, private training available between the hours of **10:00am - 4:00pm** Tuesday - Friday
Ask for availability.

Check our website for a more updated schedule for holidays and special events.

www.HoustonShaolinTemple.com