



# Shaolin Temple Kung Fu Center

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|            |                                                |                                                |                                                |                                                 |                                                               |
|------------|------------------------------------------------|------------------------------------------------|------------------------------------------------|-------------------------------------------------|---------------------------------------------------------------|
| MON<br>星期一 | 4:00-4:50pm                                    | 4:50 – 5:40pm<br>Blue Belt<br>Level 1          | 5:40 – 6:30pm<br>Green / Purple<br>Level 2 / 3 | 6:30 – 7:20pm<br>Special Jump<br>Tumbling Class | 7:25 – 8:25pm<br>Kung Fu Star Team<br>Performance/Competition |
| TUE<br>星期二 | 4:00-4:50pm<br>Brown Belt<br>Dark Brown        | 4:50-5:40pm<br>Black / Master<br>Level 6 & UP  | 5:40-6:30pm<br>Beginner<br>Youth Kung Fu       | 6:30 – 7:20pm<br>Blue Belt<br>Level 1           | 7:30-8:30pm<br>Adult Kung Fu<br>成人功夫                          |
| WED<br>星期三 | 4:00-4:50pm<br>Beginner<br>Youth Kung Fu       | 4:50-5:40pm<br>Blue Belt<br>Level 1            | 5:40 - 6:30pm<br>Green / Purple<br>Level 2 / 3 | 6:30 – 7:20pm<br>Brown Belt<br>Dark Brown       | 7:30 – 8:30pm<br>Adult Kung Fu<br>成人功夫                        |
| THU<br>星期四 | 4:00 - 4:50pm<br>Green / Purple<br>Level 2 / 3 | 4:50-5:40pm<br>Brown Belt<br>Dark Brown        | 5:40– 6:30pm<br>Black / Master<br>Level 6 & UP | 6:30 – 7:20pm<br>Beginner<br>Youth Kung Fu      | 7:30-8:30pm<br>Qi Gong Health / Tai Ji<br>少林养生/太极             |
| FRI<br>星期五 | 4:00-4:50pm<br>Blue Belt<br>Level 1            | 4:50 - 5:40pm<br>Green / Purple<br>Level 2 / 3 | 5:40– 6:30pm<br>Brown Belt<br>Dark Brown       | 6:30 – 7:20pm<br>Black / Master<br>Level 6 & UP | 7:30 – 8:30pm<br>Adult Kung Fu<br>成人功夫                        |

| Time       | 9:00 -<br>10:00am          | 10:10 -<br>11:10am       | 1:00-<br>1:50pm           | 1:50 -<br>2:40pm     | 2:40 -<br>3:30pm             | 3:30 -<br>4:30pm              | 4:30<br>5:30pm          |
|------------|----------------------------|--------------------------|---------------------------|----------------------|------------------------------|-------------------------------|-------------------------|
| SAT<br>星期六 | Shaolin<br>Health<br>养生/太极 | Adult<br>Kung Fu<br>少林功夫 | Beginner<br>Youth Kung Fu | Blue Belt<br>Level 1 | Green /Purple<br>Level 2 / 3 | Brown &<br>Up<br>Level 4 & UP | Archery team<br>弓箭/少林禅弓 |

- **Special Class :** Kung Fu Star Team for Performance & Competition / Sparring  
 Special Jump (Tumbling Class) / Archery Team 少林禅弓
- **Private Lessons:** Please schedule special training with the Master(Shifu).
- **Belt Test :** The beginner 24+ lessons in 3 months. Levels 1-3 require 40+ lessons per level, levels 4-6 require 56+ lessons per level, Levels 7&up 72+ lessons per level.

**Effective 07/01/2024 - 01/01/2027 Schedule**