



SHAOLIN TEMPLE LOS ANGELES CLASS SCHEDULE

SCHEDULE YOUR \$25 INTRODUCTION CLASS
TODAY!

ADMIN@YANFANFOUNDATION.ORG

818.789.5185

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30-6:30 am	morning workout	morning workout	morning workout	morning workout	morning workout	morning workout	morning workout
8am	Zen Meditation	Zen Meditation	Zen Meditation	Zen Meditation	Zen Meditation	Zen Meditation	Zen Meditation
9am	Health Qi Gong & Tai Chi	Health Qi Gong & Tai Chi	Health Qi Gong & Tai Chi	Health Qi Gong & Tai Chi	Health Qi Gong & Tai Chi	Health Qi Gong & Tai Chi	Health Qi Gong & Tai Chi
10am	Shaolin Culture Tea Intermission	Shaolin Culture Tea Intermission	Shaolin Culture Tea Intermission	Shaolin Culture Tea Intermission	Shaolin Culture Tea Intermission	Children Kung Fu & Gymnastics	Children Kung Fu & Gymnastics
11-12pm	Youth/Adults Kung fu	Youth/Adults Kung fu	Youth/Adults Kung fu	Youth/Adults Kung fu	Youth/Adults Kung fu	Youth/Adults Kung fu	Youth/Adults Kung fu
1pm	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
2-4pm	Private Sessions	Private Sessions	Private Sessions	Private Sessions	Private Sessions	Private Sessions	Private Sessions
5pm	Children Kung Fu & Gymnastics	Children Kung Fu & Gymnastics	Children Kung Fu & Gymnastics	Children Kung Fu & Gymnastics	Children Kung Fu & Gymnastics		
6pm	Children Kung Fu & Gymnastics	Children Kung Fu & Gymnastics	Children Kung Fu & Gymnastics	Children Kung Fu & Gymnastics	Children Kung Fu & Gymnastics		
7pm	Health Qi Gong & Tai Chi	Youth/Adults Kung fu	Health Qi Gong & Tai Chi	Youth/Adults Kung fu	Health Qi Gong & Tai Chi		

www.shaolintemplela.org Training in the following disciplines is offered at Temple: **KUNG FU** Kung Fu is the most aerobic of the arts offered at the Shaolin Temple Sherman Oaks. There is no belt system but there is testing and students are awarded certificates. Students learn stretching, stances, kicks, jumps, movements, and empty hand and weapons forms. We offer introduction classes everyday. The fee is \$25 and will go towards registration if you decide which classes to join. Please let us know which day will work best for you and we will add you to the roster. We ask that you dress comfortably in loose athletic pants or sweats, athletic shoes and t-shirt. No tights, tank tops or bare feet.