

FALL SCHEDULE 2024 (Sept-Dec)

	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY
					Adult Wushu Fitness 9:00 - 10:00	
PM 4:00 - 5:00	Private Lesson <i>(Please contact for details)</i>	Beginner White/Yellow	Mini-Dragon 4-6 yrs old (4:15 - 5:00)		Beginner White/Yellow	Mini-Dragon 4-6 yrs old (4:15 - 5:00)
5:00 - 6:00		Beginner & Zen Wushu Team Group C	Beginner White/Yellow		Beginner & Zen Wushu Team Group C	Beginner & Intermediate I
6:00 - 7:00		Zen Wushu Team Group C	Beginner White/Yellow	Adult Wushu Fitness	Zen Wushu Team Group C	Beginner & Intermediate I
7:00 - 8:00		Zen Wushu Team Group A Group B	Wushu by Age 12-18 Yrs & Advanced		Advanced & Zen Wushu Team Group A Group B	Zen Wushu Team Group A Group B
8:00 - 9:00			Sparring & Self-Defence Ages 13-18 & Adults Advanced Level			
Wushu Belt Level: Beginner - White, Yellow sash Intermediate I - Orange, Green sash Intermediate II - Blue, Purple sash Advanced - Red, Brown, Black sash			Note: Please follow the age group or belt level when attending classes. Class schedule is subject to change.			

	SATURDAY	SUNDAY
AM 9:00 - 10:00	Taichi (Yang Style)	Beginner & Intermediate I Age 7+ and Adults
10:00 - 11:00	Mini-Dragon 4-6 yrs old (10:15 - 11:00)	Beginner & Intermediate I Age 7+ and Adults
11:00 - 12:00	Beginner White/Yellow	Beginner & Intermediate I Age 7+ and Adults
PM 12:00 - 1:00	CLOSED/LUNCH	<i>Note: Sunday classes start on September 8th</i> HOLIDAY SCHEDULE <i>Labor Day Sept 2, Monday</i> <i>Thanksgiving Nov 28, Thursday Nov 29, Friday</i> <i>Christmas & New Year Dec 24, Tuesday till Jan 1, Wednesday</i>
1:00 - 2:00	Beginner White/Yellow	
2:00 - 3:00	Sparring & Self- Defence Ages 7-18 All Levels	
3:00 - 6:00	Zen Wushu Team Group A Group B Group C	

Zen Wushu Academy

356 NJ-10, East Hanover

NJ 07936

Ph: 973-821-5003

www.zenwushu.com

info@zenwushu.com

