

SPRING SCHEDULE 2024 (01/02 - 06/22)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
AM 9:00 - 10:00		Adult Wushu Fitness		Adult Wushu Fitness		AM 9:00 - 10:00 Taichi (Yang Style)	<p align="center">HOLIDAY SCHEDULE</p> <p><i>Winter Break Dec 24 - Jan 1</i></p> <p><i>Lunar New Year Feb 10, Saturday</i></p> <p><i>Memorial Day May 27, Monday</i></p> <p><i>Independence Day Jul 4, Thursday</i></p> <p><i>Labor Day Sep 2, Monday</i></p> <p><i>Thanksgiving Nov 28, Thursday</i></p>
						10:00 - 10:45 Mini-Dragon 4-6 yrs old	
						11:00 - 12:00 Beginner & Intro Package	
PM 3:00 - 4:00	Open Carpet	Open Carpet	Open Carpet	Open Carpet	Open Carpet	PM 12:00 - 1:00 CLOSED/LUNCH	
4:00 - 5:00	Sparring & Self-Defence Ages 7-12 Beginner Level	Beginner & Intro Package	Mini-Dragon 4-6 yrs old (4:15 - 5:00)	Beginner White/Yellow	Mini-Dragon 4-6 yrs old (4:15 - 5:00)	1:00 - 2:00 Beginner & Intermediate I & II	
5:00 - 6:00	Mini-Dragon 4-6 yrs old (5:15 - 6:00)	Beginner & Zen Wushu Team C Team	Beginner White/Yellow	Beginner & Intermediate I	Beginner & Zen Wushu Team C Team	2:00 - 3:00 Sparring & Self-Defence Ages 7-18 All Levels	
6:00 - 7:00	Beginner White/Yellow	Zen Wushu Team C Team	Sparring & Self-Defence Ages 7-12 All Levels	Beginner & Intermediate I	Zen Wushu Team C Team	3:00 - 6:00 Zen Wushu Team A Team B Team C Team	
7:00 - 8:00	Wushu by Age 12-18 Yrs & Advanced	Zen Wushu Team A Team B Team	Wushu by Age 12-18 Yrs & Advanced	Advanced & Zen Wushu Team A Team B Team	Zen Wushu Team A Team B Team		
8:00 - 9:00	Sparring & Self-Defence Ages 13-18 & Adults Advanced Level		Adult Wushu Fitness				

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.
 Open Carpet is for levels Intermediate and above.
 Class schedule is subject to change.

Zen Wushu Academy
 356 NJ-10, East Hanover
 NJ 07936
 Ph: 973-821-5003
 www.zenwushu.com
 info@zenwushu.com

