


CHUNG WAH KUNG FU INTERNATIONAL SYSTEM

SONGSHAN SHAOLIN MARTIAL ART INTERNATIONAL TRAINING CENTRE
MISSISSAUGA BRANCH MAY 2008 - DECEMBER 2008 CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday		Friday		Saturday
10:00 AM to 11:00 AM		Chung Wah ADULT FOUNDATION KUNG FU PROGRAM						
6:00 to 7:00		Chung Wah SHAOLIN CHILDREN'S PROGRAM Class A & B	Chung Wah SHAOLIN CHILDREN'S PROGRAM Class A & B	Chung Wah SHAOLIN CHILDREN'S PROGRAM Class A & B	6:30 to 7:30	CHI KUNG / TAI CHI PROGRAM & SHAOLIN STYLE PROGRAM	1:30 to 3:00	Chung Wah SHAOLIN CHILDREN'S PROGRAM Class C
7:00 to 8:00	Chung Wah ADULT FOUNDATION KUNG FU PROGRAM Class A	Chung Wah ADULT FOUNDATION KUNG FU PROGRAM Class A	Chung Wah ADULT FOUNDATION KUNG FU PROGRAM Class A	Chung Wah ADULT FOUNDATION KUNG FU PROGRAM Class A	7:30 to 9:00	Chung Wah GIK GAË (Combat) PROGRAM	See course description at our branches for additional information on these classes. We reserve the right to change any information without notice.	
8:00 to 9:00	Chung Wah ADULT KUNG FU Class B & STYLE PROGRAM	KUNG FU CARDIO TRAINING PROGRAM LION/DAGON DANCE PROGRAM	Chung Wah ADULT KUNG FU Class B & STYLE PROGRAM	CHUNG WAH CHAMBER GROUP TRAINING				

CLASS DESCRIPTIONS **

1) Chung Wah Shaolin Children's Program

Class A: Ages 5 to 8

Class B: Ages 9 to 13

Class C: Family and Children (5 to 13)

2) Chung Wah Adult Foundation Kung Fu Program

Class A: Entry and Basic Levels

Class B: Grade 1 and Grade 2

3) Chung Wah Style Program

Major in one of many styles available under the Chung Wah System

4) Chung Wah Gik Gae (Combat) Program

Available upon completion of Chung Wah Foundation Basic Level

5) Adult Chi Kung & Tai Chi Program

Open to all interested in health and internal training

6) Shaolin Style Program

Traditional Shaolin Style Kung Fu

7) "Chung Wah Chamber" Group Training

Specialized training for demonstrations, tournaments and future instructors

8) Kung Fu Cardio Training Program

Pushing cardio, stamina, strength and endurance to it's limits

9) Lion/Dragon Dance Program

Discover the hidden connection between Chinese culture and the martial arts

** Students must request permission before rescheduling their classes to check for space availability.

** Please ask for more information regarding each of the classes.