

FIVE ANIMALS KUNG FU ACADEMY

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Effective 10/01/22

Revision date: 11/22/22

CLASS FORMAT →	TECHNIQUES (KB) KICKBOXING PADWORK **SPARRING	TECHNIQUES (KB) KICKBOXING PADWORK **SPARRING	FORMS & TECHNICAL DRILLS	FORMS & TECHNICAL DRILLS	TECHNIQUES / (KB) KICKBOXING OR FORMS	TECHNIQUES / (KB) KICKBOXING OR FORMS
CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIGER TEAM (Ages 4-7)						
TIGER TEAM (Tiger stripe sash)	4:15p – 4:45p	5:00p – 5:30p	4:00p – 4:30p	5:00p – 5:30p		9:45a – 10:30a
JUNIORS (Ages 8 – 12 or 13)						
Junior 30-minute Padwork (Punchbag/Padwork)	Beginners & Intermediate 4:45p – 5:15p				Beginners & Intermediate 4:15p – 4:45p	
Beginners (Yellow, Gold, Orange, Jade)	5:15p – 6:00p	4:15p – 5:00p	5:15p – 6:00p	4:15 p– 5:00p		Yellow & Gold 10:30a – 11a Orange & Jade 11a – 11:30a
Intermediate: (Green, Purple, Blue)	**Sparring 6:00p – 6:45p:	**Sparring Age 11 & under 5:30p – 6:15p Age 12 - 14 6:15p – 7:00p	4:30p – 5:15p	5:30p – 6:15p	4:45p – 5:30p	11:30a - 12:15p
Advance: (ages 8 – 13 or 14) (Red, Brown, Adv. Brown)	**Sparring 6:00p – 6:45p:	**Sparring Ages 11 & under 5:30p – 6:15p Age 12 - 14 6:15p – 7:00p	6:00p – 6:45p	6:15p - 7:00p	5:30p – 6:15p	12:15p – 1:00p
Junior Black Belts (under Age 14)		**Sparring 6:15p- 7:00p	6:00p – 6:45p	6:15p - 7:00p	6:15p – 6:45p	1:00p – 2:00p
TEENS & ADULTS (Ages 14 and up)						
Beginners	6:45p – 7:30p	Kickboxing 7:00p– 7:45p	6:45p – 7:30p			12:30p (If outdoor) 1:00p -1:45p
Intermediate		**Kickboxing 7:00p– 7:45p	6:45p – 7:30p			1:00p – 1:45p
Advance		**Kickboxing 7:00p– 7:45p	6:00p – 6:45p	7:00p – 7:45p		1:00p – 1:45p
Black Belts		**Kickboxing 7:00p – 7:45p	6:00p – 6:45p	7:00p – 7:45pp	6:15p – 6:45p	1:00p - 2:00p

Please adhere to uniform dress code: 5AKFA T-shirt, KF pants, belt, & KF or martial arts shoes (no street shoes).

Please arrive dressed in uniform 10 minutes before class starts. Place personal items neatly in cubbies, or under chairs.

Notify the office BEFORE any extended absence & SCHEDULE make-up classes.

Class schedule is subject to change, please check our Wellness Living App regularly before attending class.