

FIVE ANIMALS KUNG FU ACADEMY

2408 19th Ave., San Francisco, CA 94116 | Main# (415) 298-9958 | www.fiveanimalskungfu-sf.com

Effective 3/01/26 **** Class schedule is subject to change, please check our Five Animals App regularly before attending class.**** **Revision date: 02/24/26**

CLASS FORMAT →	TECHNICAL TRAINING		TRADITIONAL TRAINING		TECHNICAL & TRADITIONAL TRAINING	
	KICKBOXING (KB) TECHNIQUES, PADWORK **SPARRING	KICKBOXING (KB) TECHNIQUES, PADWORK **SPARRING	FORMS & CHOY LAY FUT DRILLS	FORMS & CHOY LAY FUT DRILLS	TECHNIQUES / (KB) KICKBOXING OR FORMS	TECHNIQUES / (KB) KICKBOXING OR FORMS
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIGER TEAM (Tiger sashes), Ages 4-7						
White & Gold Tigers	4:15p – 4:45p	5:00p – 5:30p	4:00p – 4:30p	5:00p – 5:30p		10:00a – 10:30a
Purple, Green, Red, Black	4:15p – 4:45p	5:00p – 5:30p	4:00p – 4:30p	5:00p – 5:30p		10:00a – 10:30a
JUNIORS, Ages 8 – 12 or 13						
Beginners (Levels 1-4) (Yellow, Gold, Orange, Jade)	Yellow - Jade 4:45p – 5:30p Jade (KB/Sparring) 5:30p – 6:15p	4:15p – 5:00p Jade (KB/Sparring) 5:30p – 6:15p	5:15p – 6:00p	4:15p – 5:00p	Jade Belts Every 2 nd & 4 th Fridays (Check app)	10:45a – 11:30a
Intermediate: (Levels 5-7) (Green, Purple, Blue)	**KB/Sparring Age 12 & under 5:30p – 6:15p Age 13 and up 6:15p – 7:00p	**KB/Sparring Age 12 & under 5:30p – 6:15p Age 13 and up 6:15p – 7:00p	4:30p – 5:15p	5:30p – 6:15p	Every 2 nd & 4 th Fridays (Check app)	11:30a - 12:15p
Advance: (ages 14 and under) (Red, Brown, Adv. Brown)	**KB/Sparring Age 12 & under 5:30p – 6:15p Age 13 and up 6:30p – 7:15p	** KB/Sparring Ages /12 & under 5:30p – 6:15p Age 13 and up 6:30p – 7:30p	6:00p – 6:45p	6:15p - 7:00p	Every 2 nd & 4 th Fridays (Check app)	12:15p – 1:00p
Junior Black Belts	** KB/Sparring 6:30p – 7:15p	** KB/Sparring 6:30p- 7:30p	6:00p – 7p	6:15p - 7:00p	Every 2 nd & 4 th Fridays (Check app)	12:15[p – 1p
TEENS & ADULTS, Ages 14 or 15+						
Beginners	6:30p – 7:15p (KB)	6:30p – 7:15p (KB)	7:00p– 7:45p			1:00p -1:45p
Intermediate	6:30p – 7:30p (KB)	6:30p – 7:30p (KB)	7:00p– 7:45p			1:00p – 1:45p
Advance	6:30p – 7:30p (KB)	** KB/Sparring 6:30p – 7:30p)	6:00p – 6:45p	Adv. Brown 7:00p – 7:45p	Adv. Brown Every 2 nd & 4 th Fridays (Check app)	1:00p – 1:45p
Black Belts	6:30p – 7:30p (KB)	** KB/Sparring 6:30p – 7:30p (KB)	6:00p – 7:00p	7:00p – 7:45p	Every 2 nd & 4 th Fridays (Check app)	1:00p - 2:00p
SPECIALTY CLASSES (Additional program fees)						
Women's Kickboxing, ages 15+		7:30p – 8:15p				

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.

Notify the office BEFORE any extended absence & SCHEDULE make-up classes. Students must request for permission from Chief Instructors prior to switching to a different age group or upper level classes.