

# FIVE ANIMALS KUNG FU ACADEMY

2408 19<sup>th</sup> Ave., San Francisco, CA 94116

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www.fiveanimalskungfu-sf.com

## IN-PERSON CLAS SCHEDULE – Effective 04/01/22 (Schedule is subject to change)

**CLASS RESERVATION IS REQUIRED FOR ALL IN-PERSON CLASSES**

**\*\*IN CASE OF RAIN, BAD WEATHER, AIR QUALITY OR UNSAFE OUTDOOR CONDITIONS**

**Outdoor classes will move to indoors. Please note larger classes will split into 2 half hour classes.**

### OUTDOOR @ MERCED MANOR RESERVOIR

CLASS	MONDAY (Techniques / Kickboxing/ Sparring drills)	*TUESDAYS (Techniques / Kickboxing/ Sparring drills)	WEDNESDAY (Kung Fu techniques/Forms)	*THURSDAY (Kung Fu techniques/Forms)	FRIDAY (Sparring / Kung Fu)	**SATURDAY (Kung Fu techniques/ Forms)
<b>TIGER TEAM (Ages 4-7)</b>						
White, Gold, Purple, Green, Red & Black Tigers	All Levels 4:15p – 4:55p	All Levels Indoor & Patio 4:15p – 4:55p	White Gold, Purple 4:00p – 4:30p	White, Gold Purple 4:00p – 4:30p		All Levels 10:00a – 10:45a
<b>BEGINNERS – JUNIORS (Ages 8 – 12 or 13)</b>						
Yellow, Gold, Orange, Jade	5:00p – 5:40p		5:15p – 6:00p	4:30p – 5:10p		10:45a - 11:30a
<b>INTERMEDIATE – JUNIORS (Ages 8 – 12 or 13)</b>						
Green, Purple, Blue	Sparring 5:45p – 6:25p	Indoor & Patio Sparring 5:45p – 6:25p	4:30p – 5:15p	5:15p – 5:50p	Green 4:00p – 4:45p Purple & Blue 4:45p – 5:30p	11:30a - 12:15p
<b>ADVANCE – JUNIORS &amp; TEENS (8-14)</b>						
Red, Brown, Adv. Brown	Sparring 5:45p – 6:25p	Sparring 5:00p – 5:40p	6:00p – 6:45p	6:00p – 6:40p	5:30p – 6:10p	12:15p – 1:00p
<b>TEENS, ADULTS (ages 14 up) &amp; BLACK BELTS</b>						
Beginners, Intermediate, & Advance	Beginners. Yellow - Jade 6:30p – 7:15p	Kickboxing All Levels 6:30p – 7:15p	Beg. & Intermed Yellow – Red 6:45 – 7:30p	Advance Brown & Adv. Brown 6:45p – 7:30p		Beginners 12:30p – 1:15p Intermediate & Advance 1:00p – 1:45p
Black Belts		Kickboxing 6:30p – 7:15p		6:45p – 7:30p		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 App regularly.