

FIVE ANIMALS KUNG FU ACADEMY

2408 19th Ave., San Francisco, CA 94116

Main# (415) 298-9958 or Voicemail: (415) 580- 1769

www.fiveanimalskungfu-sf.com

Effective 3/05/24 ** Class schedule is subject to change, please check our Five Animals App regularly before attending class.** **Revision date: 03/25/24**

CLASS FORMAT ⇒	PRACTICAL TRAINING		TRADITIONAL TRAINING D		PRACTICAL & 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
CLASS	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		9:45a – 10:15a
Purple, Green, Red, Black	4:15p – 4:45p	5:00p – 5:30p	4:00p – 4:30p	5:00p – 5:30p		10:15a – 10:45a
JUNIORS, Ages 8 – 12 or 13						
Jr. Kickboxing Techniques (No sparring), ages 8 to 12	This class is now merged with Junior Beginners.	See Jr. Beginners				
Beginners (Yellow, Gold, Orange, Jade)	Yellow,Gold,Orange 4:45p – 5:30p <i>Jade (sparring/drills)</i> 5:30p – 6:15p	4:15p – 5:00p (sparring optional)	5:15p – 6:00p	4:15 p– 5:00p	Jade Belts Every 2 Fridays (Check app)	10:45a – 11:30a
Intermediate: (Green, Purple, Blue)	**KB/Sparring <u>Age 11/12 & under</u> 5:30p – 6:15p <u>Age 12/13 – 14 or 15</u> 6:15p – 7:00p:	**KB/Sparring <u>Age 11/12 & under</u> 5:30p – 6:15p <u>Age 12/13 – 14 or 15</u> 6:15p – 7:00p	4:30p – 5:15p	5:30p – 6:15p	Every 2 Fridays (Check app)	11:30a - 12:15p
Advance: (Red, Brown, Adv. Brown)	** KB/Sparring <u>Ages 11/12 & under</u> 5:30p – 6:15p <u>Age 12/13 – 14 or 15</u> 6:15p – 7:00p	** KB/Sparring <u>Ages 11/12 & under</u> 5:30p – 6:15p <u>Age 12 – 14 or 15</u> 6:15p – 7:00p	6:00p – 6:45p	6:15p – 7:00p	Every 2 Fridays (Check app)	12:15p – 1:00p
Junior Black Belts (under Age 15)	** KB/Sparring 6:15p – 7:00p	** KB/Sparring 6:15p- 7:00p	6:00p – 7p	6:15p – 7:15p	Every 2 Fridays (Check app)	1:00p – 2:00p
TEENS & ADULTS, Ages 14 or 15+						
Beginners	7:00p– 7:45p (KB)		7:00p– 7:45p			1:00p -1:45p
Intermediate	**7:00p– 7:45p (KB)		7:00p– 7:45p			1:00p – 1:45p
Advance	**7:00p– 7:45p (KB)		6:00p – 6:45p	Brown & Adv. Brown 7:00p – 7:45p	Every 2 Fridays (Check app)	1:00p – 1:45p
Black Belts	**7:00p – 7:45p (KB)		6:00p – 7:00p	7:00p – 7:45p	Every 2 Fridays (Check app)	1:00p – 2:00p
SPECIALTY CLASSES (Additional program/fees)						
Women's Kickboxing/Self- Defense, ages 16+		7:05p – 7:50p				

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.