

# DENNIS BROWN SHAOLIN WU-SHU TRAINING CENTER

## Prince George's County – CLASS SCHEDULE

Effective: **AUGUST, 2008** \* 301-336-7000 (voice) \* [www.dennisbrownshaolin.com](http://www.dennisbrownshaolin.com) \* Email: [info@dennisbrownshaolin.com](mailto:info@dennisbrownshaolin.com)

(A) Monday		(A) Tuesday		(A) Wednesday		(B) Thursday		(B) Friday		(A/B) Saturday		(B) Sunday	
Red Room	Blue Room	Red Room	Blue Room	Red Room	Blue Room	Red Room	Blue Room	Red Room	Blue Room	Red Room	Blue Room	Red Room	Blue Room
10:00 AM Staff Development										8:15 AM Tai Chi Weapons			
				12:00 Noon Open Class				12:00 Noon Open Class		9:00 AM Tai Chi Forms			
4:00 PM After School Forms		4:00 PM After School Self-Defense Awareness		4:00 PM After School Sparring		4:00 PM After School Tai Chi		4:00 PM After School Forms		A/B 10:00 AM All Youth 4-12 yrs Forms/ Sparring		10:00 AM Open Class	
5:15 PM Little Dragons Drills		5:15 PM Little Dragons Drills		5:15 PM Life Skills ALL Youth		5:15 PM Little Dragons Sparring		5:15 PM Little Dragons Drills & Sparring		11:15 AM Hit Squad 1 <sup>st</sup> ,3 <sup>rd</sup> Week Dream Team 2 <sup>nd</sup> ,4 <sup>th</sup> Week	***** 11:00 AM TBA		
6:00 PM Tigers/Cranes Beg Forms		6:00 PM Kung-Fu Weapons Youth 4-12 yrs		6:00 PM Tigers/Cranes Beg Forms		6:00 PM Tigers/Cranes Beg/Int/Adv Sparring			6:00 PM Tigers/Cranes Int/Adv Forms	12:00 PM Teen/Adult Beg/Int/Adv Sparring	12:00 Noon Candidate Review Class	11:00 AM Open Class	
6:45 PM Black Belt Youth & Adults Forms	6:45 PM Quick Start Orientation Youth	6:45 PM Tigers/Cranes Int/Adv Forms		6:45 PM Kung-Fu Weapons Teen/Adults	6:45 PM Quick Start Orientation Youth	6:45 PM Black Belt Youth/Adult Sparring		NEW 7:00 PM Chin-Na Grappling		12:45 PM Quick Start Orientation Youth	12:45 PM Quick Start Orientation Teen/Adult		
7:45 PM Teen/Adult Beg Forms	7:15 PM Quick Start Orientation Teen/Adult	7:30 PM Teen/Adult Beg Forms		7:30 PM Teen/Adult Beg/Int/Adv Sparring	7:15 PM Quick Start Orientation Teen/Adult	7:30 PM Teen/Adult Int/Adv Forms							
	7:30 PM Shaolin Kickboxing		8:15 PM Teen/Adult Int/Adv Forms	NEW 8:15 PM Chin-Na Grappling	7:30 PM Shaolin Kickboxing	8:15 PM Tai Chi Forms							

**All students are to arrive 15 minutes prior to Start Time to Warm-up and do toning exercises. *This is part of your class.***

Little Dragons 4 – 6 years      Tigers 7 – 9 years      Cranes 10 – 12 years      Teens 13 – 17 years      Adults 18 and Over

Beginners – Black Sash, Gold Sash & Gold and White Sash \* Intermediate – Green Sash, Green and White Sash, Blue Sash & Blue and White Sash \* Advance- Red Sash and Above  
**Dress Code: “A” Day – Full Uniform \* “B” Day - Kung-Fu T-Shirt with Uniform Pants or Full Uniform**