

# WATERLOO KUNG-FU ACADEMY – 37 Classes a week to meet your specific needs!

UPDATED - Class Schedule/Academy Hours – Effective September 2017

IN ADDITION TO THE TIMES BELOW, PRIVATE CLASSES ARE AVAILABLE. SEE SIFU FOR DETAILS.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Academy Hours</u> 11:45AM to 1:00PM 4:30PM to 9:15PM	<u>Academy Hours</u> 5:50AM – 7:00AM 3:45PM to 9:30PM	<u>Academy Hours</u> 11:45AM to 1:00PM 4:30PM to 9:00PM	<u>Academy Hours</u> 5:50AM – 7:00AM 4:30PM to 9:15PM	<u>Academy Hours</u> 9:45AM to 1:00PM 4:15PM to 9:30PM	<u>Academy Hours</u> 9:00AM to 1:30PM	<u>Academy Hours</u> 10:15 to 11:30AM
				WOMEN'S ONLY CLASS 10:00AM – 11:00AM	Little Ninjas 9:15AM to 9:45AM OR 10:00AM to 10:30AM	
ADULT (All adult levels) 12:00 to 1:00PM	ADULT (All adult levels) 6:00 to 7:00AM	ADULT (All adult levels) 12:00 to 1:00PM	ADULT (All adult levels) 6:00 to 7:00AM	ADULT (All adult levels) 12:00 to 1:00PM	YOUTH INT./ADV. 10:30AM to 11:30AM	ADULT (All adult levels) 10:30 to 11:30AM
					JUNIOR INT./ADV. 11:30AM to 12:30PM	
	Little Ninjas 4:00 to 4:30 PM	<b>“Martial arts is about discipline, and the first discipline is to come to class.”</b>			ADULT (All adult levels) 12:30 PM to 1:30PM	
YOUTH NOVICE I 4:45 to 5:30PM	YOUTH - YELLOW 4:30 to 5:30PM	YOUTH INT./ADV. 4:45 to 5:45PM	YOUTH NOVICE I 4:45 to 5:30PM	YOUTH - YELLOW 4:30 to 5:30PM	<p style="text-align: center;"><b><u>IMPORTANT</u></b></p> <ul style="list-style-type: none"> <li>☉ Black Sash Only classes at 8:15 PM one Thursday per month (check whiteboard in the training area or weight room for exact dates).</li> <li>☉ Summer schedule starts each summer after July 1<sup>st</sup> weekend (posted each June).</li> <li>☉ Holiday weekend &amp; Christmas closures are in students corner of website</li> <li>☉ Any adult class with fewer than 3 students attending may be cancelled or declared “free-time”</li> <li>☉ Saturday Youth &amp; Junior classes will be combined and will be run from 11:00 – 12:00 on grading days.</li> </ul> <p style="text-align: center;"><b><u>DIRECTORY</u></b></p> <p>                         LITTLE NINJAS = 4 &amp; 5 years old                          YOUTH = 6 to 10 years old                          JUNIOR = 11 to 14 years old                          ADULT = 15 years &amp; older                     </p> <p style="text-align: center;"><b><u>CHILDREN'S RANK CATEGORIES</u></b></p> <p>                         YOUTH Novice I = Beginner, no belt                          YOUTH Yellow = Yellow stripe, Yellow belt                          YOUTH Orange = Orange-stripe, Orange belt                          YOUTH Int./Adv = Green-stripe &amp; higher                          JUNIOR Novice I = Beginner &amp; Red sash                          JUNIOR Novice II = Yellow &amp; Orange sash                          JUNIOR Int./Adv = Green &amp; higher                     </p>	
YOUTH - RED 5:30 TO 6:15PM	YOUTH - ORANGE 5:30 TO 6:30PM	JUNIOR INT./ ADV. 5:45 to 6:45PM	YOUTH - RED 5:30 TO 6:15PM	YOUTH - ORANGE 5:30 TO 6:30PM		
JUNIOR NOV I/ YOUTH YELLOW STRIPE 6:15 to 7:15PM	JUNIOR NOVICE II 6:30 to 7:30PM	OPEN KWOON 15 MINUTES	JUNIOR NOV I/ YOUTH YELLOW STRIPE 6:15 to 7:15PM	JUNIOR NOVICE II 6:30 to 7:30PM		
ADULT NOVICE I (Orientation/Red Sash) 7:15 to 8:15PM	ADULT NOV II/INT. (Red to Green) 7:30 to 8:30PM	ADULT NOVICE I (Orientation/Red Sash) 7:00 to 8:00PM	ADULT NOV II/INT. (Red to Green) 7:15 to 8:15PM	ADULT NOVICE I (Orientation/Red Sash) 7:30 to 8:30PM		
ADULT SASH LEVEL (Yellow to black) 8:15 to 9:15PM	ADULT ADVANCED (Blue to Black) 8:30 to 9:30PM	ADULT SASH LEVEL (Yellow to black) 8:00 to 9:00PM	ADULT ADVANCED (Blue to Black) 8:15 to 9:15PM	ADULT SASH LEVEL (Yellow to Black) 8:30 to 9:30PM (All Request)		