



精英武术学院

课程表 Class schedule

地址 Address: 46164 Warm Springs Blvd #210, Fremont, CA 94539

电话 phone: 510.402.6111 | Email: elitekungfufremont@gmail.com | www.elitekungfu.org

	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	星期六 Saturday	星期日 Sunday
8:00-9:30am					Elite Wushu Team	Elite Wushu Team
9:30-11:00am					Elite Wushu Team	Elite Wushu Team
11:00-12:30pm					Elite Wushu Team	Elite Wushu Team
12:30-1:20pm					All Levels	All Levels
1:30-2:20pm					All Levels	All Levels
2:30-4:00pm					Advance Traditional wushu team	Advance Traditional wushu team
3:35-4:25pm	All Levels	All Levels	All Levels	All Levels	Private Lesson	Private Lesson
4:30-5:20pm	Purple - Black belt	Purple - Black belt	Purple - Black belt	Purple - Black belt	Private Lesson	Private Lesson
5:30-6:20pm	All Levels	All Levels	All Levels	All Levels	Private Lesson	Private Lesson
6:30-7:20pm	Elite Wushu Team	Elite Wushu Team	Beginning All ages No belt – Green Purple	Beginning All ages No belt – Green Purple	Private Lesson	Private Lesson
7:30-9:00pm	Elite Wushu Team	Elite Wushu Team	Elite Wushu Team	Elite Wushu Team		

Beginning class (new students, white, yellow, gold ,orange): Basic Hand Form, Basic Weapon, Basic self-defense

Pre-intermediate Class (orange with green chevron, green, green with purple chevron,):Elementary hand form, Elementary short weapons, Elementary long weapons.

Intermediate/ Advance class (Purple, blue, brown, red, black) International compulsory hand form, long weapons, Short weapons. Traditional weapons.