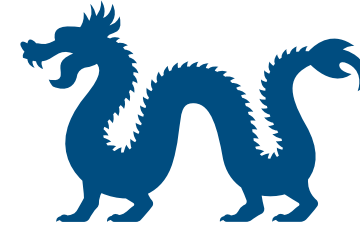


Shaolin Class Schedule



Monday	05:30 - 06:30 Arm Strength Training	08:00 - 10:00 Review Routines	14:00 - 16:30 Basic Kung Fu Skills	18:30 - 19:30 Hard QiGong
Tuesday	05:30 - 06:30 Upper Body Strength Training	08:00 - 10:00 New Routines	14:00 - 16:30 Acrobatics	18:30 - 19:30 Review Routines
Wednesday	05:30 - 06:30 Speed Conditioning	08:00 - 10:00 Strength Training	14:00 - 16:30 Form & Routine Training	18:30 - 19:30 Hard QiGong
Thursday	05:30 - 06:30 Core Training	08:00 - 10:00 Morning Routine	14:00 - 16:30 Acrobatics	18:30 - 19:30 Team Bonding
Friday	05:30 - 06:30 Strength Training	08:00 - 10:00 Review all Forms & Routine	14:00 - 16:30 No Training	18:30 - 19:30 No Training