



ZHANG SAH MARTIAL ARTS

EDUCATE YOUR BODY. STRENGTHEN YOUR MIND.

Class Schedule
530 Bainbridge St
September 5th 2017 through May 25th 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Budo 10-11am				Pre M.A. Lil Dragons 4-5yrs 10-10:30am
	Kidz Kung Fu 7-13yrs 5:15-6pm		Kidz Kung Fu 7-13yrs 5:15-6pm		Pre M.A. Tigers 6-7yrs 10:30-11am
	Taichi Dao Yin WuTang Kung Fu 6:30-7:30pm		Taichi Dao Yin WuTang Kung Fu 6:30-7:30pm		All Primer 8-12yrs 11-11:45am
Pre-M.A. Lil Dragon 4-5yrs 4-4:30pm	Pre M.A. Tiger 6-7yrs 4-4:30pm	Pre M.A. 4-7 yrs 4-4:30pm	Pre M.A. Tiger 6-7yrs 4-4:30pm	Pre-M.A. Lil Dragon 4-5yrs 4-4:30pm	Budo 12-1pm
Pre-M.A. Tiger 6-7yrs 4:30-5pm	Pre-M.A. Lil Dragon 4-5yrs 4:30-5pm	All Primer 8-12yrs 4:30-5:15pm	Pre-M.A. Lil Dragon 4-5yrs 4:30-5pm	Pre-M.A. Tiger 6-7yrs 4:30-5pm	
Primer Girls 8-13yrs 5-5:45pm	Primer Beginner White-Orange belt 8-13yrs 5-5:45pm	Primer Advanced Green + Sparring 5:15-6:15pm	Primer Beginner White-Orange belt 8-13yrs 5-5:45pm	Primer Girls 8-13yrs 5-5:45pm	
Primer Boys 8-13yrs 5:45-6:25pm	Primer Advanced Green Belt + 8-13 yrs 5:45-6:25pm		Primer Advanced Green Belt + 8-13 yrs 5:45-6:25pm	Primer Boys 8-13yrs 5:45-6:25pm	
Adult BQx Kickboxing Circuit 6:30-7:25pm	Aikido 6:30-7:15pm	Adult BQx Sparring/Kickbox 6:30-7:25pm	Karate 6:30-7:15pm	Adult BQx Kickboxing Circuit 6:30-7:15pm	
Budo: Tae Kwon Do 7:30-8:45pm	Budo 7:15-8:15pm	Budo: Judo 7:30-8:45pm	Budo 7:15-8:15pm	Budo 7:15-8:15pm	