

| | MON | TUES | WED | THURS | FRI | SAT |
|---------------|------------------------------|----------------------------------|---|----------------------------------|--|---|
| 10:00-10:30AM | | | | | | Lil Dragons 4-5yrs |
| 10:30-11:00AM | | | | | | Tigers 6-7yrs |
| 11:00-11:45AM | | | | | | All Primer 8-13yrs |
| 12:00-1:00PM | Adult Budo | | | Adult Budo | | Adult Budo |
| 4:00-4:30PM | Lil Dragons 4-5yrs | Tigers 6-7yrs | Lil Dragons & Tigers 4-7 yrs | Tigers 6-7yrs | Lil Dragons 4-5yrs | ZHANG SAH MARTIAL ARTS LEVELS <i>Age 4-7: Pre-Martial Arts Class</i> <i>Age 8-13: Primer Class</i> <i>Age 13+: Budo Class</i> |
| 4:00-4:45PM | White Belts 8-10yrs | | | | | |
| 4:30-5:00PM | Tigers 6-7yrs | Lil Dragons 4-5yrs | | Lil Dragons 4-5yrs | Tigers 6-7yrs | |
| 4:30-5:15PM | | | All Primer 8-13yrs | | | |
| 4:45-5:30PM | White Belts 11-13yrs | | | | | |
| 5:00-5:45PM | Girls 8-13yrs | White-Orange Belts 8-13yrs | Green Belt+ Advanced 8-13yrs | White-Orange Belts 8-13yrs | Girls 8-13yrs | |
| 5:15-6:00PM | | Kidz Kung Fu 7-13yrs | | Kidz Kung Fu 7-13yrs | | |
| 5:45-6:25PM | Boys 8-13yrs | Green Belt+ 8-13 yrs | | Green Belt+ 8-13 yrs | Boys 8-13yrs | |
| 6:30-7:15PM | | Adult Akido | | Adult Karate | | |
| 6:30-7:25PM | Adult Cardio & Kickboxing | | Adult Circuit Training, Sparing & Kickboxing | | Adult Circuit Training & Kickboxing | |
| 6:30-7:30PM | | Taichi Dao Yin WuTang Kung Fu | | Taichi Dao Yin WuTang Kung Fu | | |
| 7:15-8:15PM | Adult Budo: Tae Kwon Do | | Adult Budo: Judo | | | |
| 7:30-8:45PM | | Adult Budo | | Adult Budo | Adult Budo | |



CLASS SCHEDULE

Zhang Sah – Mount Airy
 Sept 2018 – May 2019

www.zhangsah.org

(215) 844-6200

6110 Wissahickon Ave.

| | MON | TUES | WED | THURS | FRI | SAT |
|---------------|--|--|--|-----------------------------------|--|---|
| 10:00-10:30AM | | | | Adult Budo | | Lil Dragons 4-5yrs |
| 10:30-11:00AM | | | | | | Tigers 6-7yrs |
| 11:00-11:45AM | | | | | | All Primer 8-13yrs |
| 12:00-1:00PM | | | | | | Adult Budo |
| 4:00-4:30PM | Open Mat / Dojo Games All Ages | Open Mat / Dojo Games All Ages | Open Mat / Dojo Games All Ages | Open Mat / Dojo Games All Ages | Open Mat / Dojo Games All Ages | ZHANG SAH MARTIAL ARTS LEVELS <i>Age 4-7: Pre-Martial Arts Class</i> <i>Age 8-13: Primer Class</i> <i>Age 13+: Budo Class</i> |
| 4:30-5:00PM | Lil Dragons & Tigers 4-7 yrs | Lil Dragons & Tigers 4-7 yrs | Lil Dragons & Tigers 4-7 yrs | Lil Dragons & Tigers 4-7 yrs | Lil Dragons & Tigers 4-7 yrs | |
| 5:00-5:45PM | Girls 8-13yrs | All Primer 8-13yrs | All Primer 8-13yrs | White-Orange Belts 8-13yrs | All Primer 8-13yrs | |
| 5:45-6:30PM | Boys 8-13yrs | Adult Circuit Training & Kickboxing | Capoeira – 8-13yrs Brazilian Martial Arts | Green Belt+ Advanced 8-13yrs | Adult Circuit Training & Kickboxing | |
| 6:30-7:30PM | Adult Budo | Adult Budo | Adult Capoeira Brazilian Martial Arts | Adult Budo | Adult Budo | |
| 7:30-8:30PM | Adult Capoeira Brazilian Martial Arts | | Adult Budo | | | |
| | | | | | | |