

JOW HOP KUEN Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9						Children/Youth Class	
10						Beg. Gung Fu	Kung Fu
11							Mongolian Judo
12							
1						Women's Self Defense Kickboxing	Sparring Clinic
2							
3	Open Workout	Open Workout	Open Workout	Open Workout	Open Workout		
4					Open Workout	Sparring Clinic	
5	Children/Youth Class	Advanced Children/Youth	Children/Youth Class	Advanced Children/Youth	Women's Self Defense Kickboxing	Lion Dance Training	
6				Kung Fu Forms			
7		Advanced Gung Fu		Beginner Gung Fu			Adv. Gung Fu
8	Beginner Gung Fu						
9	"WE MAKE SURE YOU LEARN"						