

Traditional  
**Shaolin Kung Fu**  
&  
Wellness Center

[www.traditionalshaolin.com](http://www.traditionalshaolin.com)

(865) 966-9733

## Evening Classes

### **Mondays**

5:30 pm Kung Fu  
(Older Children)

6:10 pm Open Gym  
(All Students)

6:30 pm Internal

**Classes end @ 7:15pm**

### **Tuesdays**

5:30 pm Kung Fu  
(Younger Children)

6:00 pm Introductory  
(By Appointment)

6:30 pm Kung Fu  
(Adults)

7:30 pm Kung Fu  
(Adult Intermediate)

**Classes end @ 8:00pm**

### **Wednesdays**

5:30 pm Kung Fu  
(Older Children)

6:10 pm Open Gym  
(All Students)

6:30 pm Internal

**Classes end @ 7:15pm**

### **Thursdays**

5:30 pm Kung Fu  
(Younger Children)

6:00 pm Introductory  
(By Appointment)

6:30 pm Kung Fu  
(Adults)

7:30 pm Kung Fu  
(Adult Intermediate)

**Classes end @ 8:00pm**

## Morning Classes

### **Tuesdays**

11:00 am Kung Fu  
(Adults All Ranks)

**Classes end @ 12:00pm**

### **Thursdays**

11:00 am Kung Fu  
(Adults All Ranks)

**Classes end @ 12:00pm**

### **\*Saturdays\***

11:00 am Kung Fu  
(Adults All Ranks)

**Classes end @ 12:00pm**

**\*Saturday's** classes / along with all other **extra** classes are posted on the website\*

**Internal** classes consist of Tai Chi, Chi Kung, Pa Kua, Hsing I, Meditation, & more.

**Introductory Classes** can be scheduled to another day if necessary.

Older children may come to all children's classes. Adults may come to children's classes.