

**DENNIS BROWN SHAOLIN WU-SHU TRAINING CENTER  
SILVER SPRING – CLASS SCHEDULE**

301-622-4700

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(A) Monday		(A) Tuesday		(A/B) Wednesday		(B) Thursday		(B) Friday		(B) Saturday	
Red Room	Blue Room	Red Room	Blue Room	Red Room	Blue Room	Red Room	Blue Room	Red Room	Blue Room	Red Room	Blue Room
10:00 AM Staff Development											10:00 AM Tai Chi Forms
										11:00 AM Cranes 10-12 Years All Ranks Forms	10:45 AM Tai Chi Weapon
4:00 PM Staff Planning		4:00 PM Staff Planning		4:00 PM Staff Planning		4:00 PM Staff Planning		4:00 PM Staff Planning		11:45 AM Tigers/Cranes 7-12 years All Ranks Sparring	11:45 AM LD Drills Sparring All Ranks
5:15 PM Little Dragons 4-6 years Drills Beg		5:15 PM Little Dragons 4-6 years Drills Int/Adv		5:15 PM Little Dragons 4-6 years Drills Beg		5:15 PM Little Dragons 4-6 years Sparring All Ranks		5:15 PM Little Dragons 4-6 years Weapon All Ranks		12:30 AM Teen/Adult All Ranks Sparring	
6:00 PM Tigers 7-9 years Beg Forms		6:00 PM Tigers 7-9 years Int/Adv Forms		6:00 PM Cranes 10-12 years Beg Forms		6:00 PM /Cranes 10-12 years Int/Adv Forms		6:00 PM Tigers 7-9 years Forms All Ranks			
7:00 PM Black Belts Youth & Adult Forms		6:45 PM Cranes 10-12 years Weapons All Ranks	6:45 PM Tigers 7-9 years Weapons All Ranks	7:00 PM Teen/Adult Beg/Int/Adv/BB Sparring		6:45 PM Tiger/Cranes 7-12 years Sparring All Ranks	6:45 PM Tai Chi Weapon	6:45 PM Teen/Adult Forms All Ranks			
		7:30 PM Teen/Adult Int/Adv Forms				7:30 PM Teen/Adult Weapons	7:30 PM Tai Chi Forms				
7:45 PM Teen/Adult Beg Form											

All students are to arrive 15 minutes prior to Start Time to Warm-up and do toning exercises. This is part of your class.

Cheetahs 3 years    Little Dragons 4 – 6 years    Tigers 7 – 9 years    Cranes 10 – 12 years    Teens 13 – 17 years    Adults 18 and Over  
Beginners – No Sash, Gold Sash & Gold and White Sash    Intermediate – Green Sash, Green and White Sash, Blue Sash & Blue and White \* Advance – Red Sash and Above

Dress Code: “A” - Day Full Uniform \* “B” Day – Kung-Fu T-Shirt with Uniform Pants or Full Uniform