

EAST-WEST ALAMO BOK-FU-DO SCHEDULE OF CLASSES

140-C Alamo Plaza-Alamo, CA. 94507 Phone (925)831-0292



East-West Kung-Fu Classes

Morning Classes.....11:00 a.m.
 Afternoon Classes.....2:30 & 4:00p.m.
 Evening Classes.....5:00, 6:30 & 8:00 p.m.
 Saturdays.....10:00 a.m. & 11:00 a.m.

MONDAY

11:00.....Group Class*
 11:30.....TAC Open*
 4:00.....Kids TAC W/Y*
 4:20.....Kids Group Open*
 4:40.....Kids TAC O/P*
 5:00.....Group Class*
 5:30...TAC(White/Yellow/Orange)*
 5:00..Group Class(Blue/Green)
 5:30.....TAC(Blue/Green)
 6:00.....Group Class*
 6:00.....Sport Fighting (Kids)
 6:30.....TAC Open*
 7:00...Top Gun Training (2 Hrs.)
 (By Invitation Only)

TUESDAY

11:00.....Group Class*
 11:30.....TAC Open*
 2:30.....Group Class*
 3:00.....TAC Open*
 4:00.....Kids TAC W/Y*
 4:20.....Kids Group*
 4:40.....Kids TAC O/P*
 5:00.....TAC (Brown) 1 Hr
 5:00..... Group Class*
 5:30....TAC (White/Yellow/Orange)*
 6:00...TAC(Adv. Orange/Purple)
 6:00.....Sport Fighting (Adults)
 6:30.....Adult Group Class*
 6:30.....Group Class*
 7:00....TAC (White/Yellow/Orange)*
 7:00..Advanced Kicks (Blue & up)
 7:30...Kata Class (Purple- Green)
 8:00..... Group Class*
 8:30.....TAC Open*

WEDNESDAY

11:00.....Group Class*
 11:30.....TAC Open*
 2:30.....Group Class*
 3:00.....TAC Open*
 4:00.....Kids TAC W/Y*
 4:20.....Kids Group*
 4:40.....Kids TAC O/P*
 5:00.....Group Class*
 5:30.TAC(White/Yellow/Orange)*
 5:00.....Group(Blue/Green)
 5:30.....TAC(Blue/Green)
 6:00...TAC(Adv. Orange/Purple)
 6:00.....Adult TAC 1 Hr*
 (All belt ranks)
 6:30.....Group Class*
 7:00...TAC (White/Yellow/Orange)*
 7:00.....TAC (Brown) 1 Hr

THURSDAY

11:00.....Group Class*
 11:30.....TAC Class*
 4:00.....Kids TAC W/Y*
 4:20.....Kids Group Open*
 4:40.....Kids TAC O/P*
 5:00.....Group Class*
 5:30.TAC(White/Yellow/Orange)*
 6:00...TAC(Adv. Orange/Purple)
 6:00.....Group (Blue/Green)
 6:30.....TAC (Blue/Green)
 6:30.....Group Class*
 7:00...TAC (White/Yellow/Orange)*
 7:30...Kata Class (White-Orange)*
 8:00.....Group Class*
 8:30.....TAC Open*

FRIDAY

4:00.....Kids TAC W/Y*
 4:20.....Kids Group*
 4:40.....Kids TAC O/P*
 5:00.....Kids Special Squad
 (By Invitation Only)
 6:00.....TAC Brown (1 Hr)
 6:00.....Group Class*
 6:30.....TAC Open*

**ALL BEGINNING CLASSES
DENOTED BY: ***

SATURDAY

10:00.....Kids TAC W/Y*
 10:20.....Kids Group*
 10:40.....Kids TAC O/P*
 10:00.....Adult Group Class *
 10:30.....Adult TAC Open*
 11:00.....Weapons (Purple & Blue)
 11:00.....Group Class*
 11:00.....Group (Blue/Green/Brown)
 11:30.....Weapons (Green & Brown)
 11:30.....TAC Open*
 11:30.....TAC (Blue/Green/Brown)
 11:30.....Stretching*

New students who have just completed their first five lessons may attend any Group Class, TAC white or TAC Open. The group classes are designed to give the student's a work-out and to practice the basics such as stances, blocks, and kicks. In the TAC classes (Technical Advancement Classes) the techniques for the student's next belt are taught. Typically the students will go to class for one hour, attending a Group and TAC Class. This schedule may be changed without notice. If there are any questions about the classes or times, please speak with any instructor.