



## EAST-WEST SAN RAMON SCHEDULE OF CLASSES

2242 Camino Ramon Suite 101, San Ramon, CA 94583



### East-West Kung-Fu Classes

Morning Classes.....11:00 a.m.  
 Afternoon Classes.....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\*  
 4:40.....Kids TAC O/P  
 5:00.....TAC White/ Yellow\*  
 5:30.....Group Open\*  
 6:00.....TAC Orange and above  
 6:30.....Adult Class Open (1 hour)\*  
 8:00.....Group Class\*  
 8:30.....TAC Open\*

#### TUESDAY

11:00.....Group Class\*  
 11:30.....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 Open\*  
 6:30.....Sport Fighting (1 hour)  
 6:30.....Adult Group Class\*  
 7:00.....TAC Open\*  
 7:30.....Kata Class (Open)\*

#### WEDNESDAY

11:00.....Group Class\*  
 11:30.....TAC Open\*  
 4:00.....Kids TAC W/Y\*  
 4:20.....Kids Group\*  
 4:40.....Kids TAC O/P  
 5:00.....TAC White/ Yellow\*  
 5:30.....Group Open\*  
 6:00.....TAC Orange & Above  
 6:30.....Top Gun Training  
 (By Invitation Only)

#### THURSDAY

11:00.....Group Class\*  
 11:30.....TAC Class\*  
 4:00.....Kids TAC W/Y\*  
 4:20.....Kids Group\*  
 4:40.....Kids TAC O/P  
 5:00.....TAC White/Yellow\*  
 5:30.....Group Class\*  
 6:30.....TAC Orange & Above\*  
 7:00.....TAC Open\*  
 8:00.....Group Class\*  
 8:30.....TAC Class\*

#### FRIDAY

4:00.....Kids TAC W/Y\*  
 4:20.....Kids Group\*  
 4:40.....Kids TAC O/P  
 6:00.....Group Class\*  
 6:30.....TAC Open\*

#### SATURDAY

10:00.....Kids TAC W/Y\*  
 10:20.....Kids Group\*  
 10:40.....Kids TAC O/P  
 10:00.....Adult TAC Class\*  
 10:30.....Adult Group Class\*  
 11:00.....TAC Orange and Above  
 11:30.....Weapons Class

### All BEGINNING CLASSES DENOTED BY: \*

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.