

Shaolin Kung Fu Academy

少林功夫学院

34 N Cass Ave, Westmont IL 60559 Tel: 630-434-1368 www.shaolinchicago.com shaolinchicago@gmail.com



Kung Fu (Martial Art) Classes Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10am - 11:30am Adult	10am - 11:30am Adult	10am - 11:30am Adult	10am - 11:30am Adult	10am - 11:30am Adult	Closed	9:30am - 11:0am Children
4pm - 5:30pm Children	4pm - 5:30pm Children	4pm - 5:30pm Children	4pm - 5:30pm Children	4pm - 5:30pm Children		2:00pm - 4:00pm Family/adult
5:30pm - 7pm Family /adult	5:30pm - 7pm Family /adult	5:30pm - 7pm Family /adult	5:30pm - 7pm Family /adult	5:30pm - 7pm Family /adult		5:30pm - 7:00pm Adult
7:30pm - 9:00pm Ba Duan Jin	7:30pm - 9:00pm Ba Duan Jin	7:30pm - 9:00pm Ba Duan Jin	7:30pm - 9:00pm Ba Duan Jin	7:30pm - 9:00pm Ba Duan Jin		7:30pm - 9:00pm Ba Duan Jin
				9pm - 10pm Adult		

Benefits of Physical Art Forms

Develop body balance, focus, and confidence, self-defense, discipline, and health

Benefits of Internal Form-Ba Duan Jin

(Shaolin style Yoga)

Strengthen Internal organs, improve immune system, develop internal power

Note: Class schedules and fees may be changed. If student fails to attend class, no substitution allowed.

