

# CITY WING TSUN KUNG FU SCHEDULE WINTER 2010

SCHEDULE EFFECTIVE STARTING FEB 1<sup>ST</sup> 2010 FOR MORE INFO CALL (212) 354-9188 OR EMAIL [INFO@CITYWT.COM](mailto:INFO@CITYWT.COM)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PRIVATE TRAINING</b> *All day, by appt.	<b>PRIVATE TRAINING</b> *All day, by appt.	<b>PRIVATE TRAINING</b> *All day, by appt.	<b>PRIVATE TRAINING</b> *All day, by appt.	<b>STICK FIGHTING</b> 6:00PM – 7:00PM *Last Fri of each month
<b>MORNING YOGA</b> 8:30AM – 9:30AM	<b>MORNING WT CLASS</b> 7:30AM – 8:30AM	<b>MORNING YOGA</b> 8:30AM – 9:30AM	<b>MORNING WT CLASS</b> 7:30AM – 8:30AM	<b>WT RECAP CLASS</b> 7:00PM – 8:00PM
<b>WT LUNCH BREAK</b> **12PM-2PM	<b>PRIVATE TRAINING</b> *All day, by appt.	<b>WT LUNCH BREAK</b> **12PM-2PM	<b>PRIVATE TRAINING</b> *All day, by appt.	<b>SATURDAY</b>
<b>KUNG FU TIGERS</b> (Ages 5-8) 4:30PM - 5:00PM	<b>KUNG FU DRAGONS</b> (Ages 9-12) 4:15PM – 5:00PM	<b>KUNG FU TIGERS</b> (Ages 5-8) 4:30PM - 5:00PM	<b>KUNG FU DRAGONS</b> (Ages 9-12) 4:15PM – 5:00PM	<b>DWT FIGHT CLASS</b> 12:00PM - 1:30PM
<b>YOUTH WT CLASS</b> (Ages 12 – 16) 5:15PM – 6:00PM	<b>FIGHTER</b> <b>CONDITIONING</b> 6:15PM-7:00PM	<b>YOUTH WT CLASS</b> (Ages 12 – 16) 5:15PM – 6:00PM	<b>FIGHTER</b> <b>CONDITIONING</b> 6:15PM-7:00PM	<b>WT RECAP CLASS</b> 1:30PM - 2:30PM
<b>WT BASICS</b> 6:15PM – 7:00PM	<b>WT BASICS</b> 7:15PM – 8:00PM	<b>WT BASICS</b> 6:15PM – 7:00PM	<b>WT BASICS</b> 7:15PM – 8:00PM	<b>CHI SAU PRACTICE</b> 2:30PM - 3:30PM
<b>WT BEGINNERS</b> 6:15PM – 7:15PM	<b>WT BEGINNERS</b> 7:15PM – 8:15PM	<b>WT BEGINNERS</b> 6:15PM – 7:15PM	<b>WT BEGINNERS</b> 7:15PM – 8:15PM	<b>WOMEN'S WT CLASS</b> 3:30PM - 4:30PM
<b>WT TUTORIAL CLASS</b> 7:30PM – 9:30PM (Sifu Alex Richter)	<b>WT INT/ADV.</b> 8:30PM - 9:45PM	<b>WT TUTORIAL CLASS</b> 7:30PM – 9:30PM (Sifu Alex Richter)	<b>WT INT/ADV.</b> 8:30PM - 9:45PM	<b>YOGA CLASS</b> 4:45PM - 5:45PM
				<b>SUNDAY</b>
				<b>PRIVATE TRAINING</b> *All day, by appt.

\*Private training with any of our qualified instructors is available for all City WT students throughout the day, and by appointment.

\*\*Lunch break class is an open-hours class. Students may come and go throughout this 2-hour window. Open training (personal practice) is encouraged during the 15 minute breaks in between classes in the evening.

All classes in italics are set to begin in March 2010.

<b>EAST VILLAGE CLASS</b>	
<b>64 E 4<sup>TH</sup> ST 2FL (BTW 2<sup>ND</sup> AVE &amp; BOWERY)</b>	
<b>WT ALL LEVELS</b>	
MONDAY & WEDNESDAY 7:00PM-8:00PM	
<b>NEW LOCATION - BROOKLYN CLASS</b>	
<b>25 JAY ST. #203 (@BK EAGLE CLAW)</b>	
<b>WT ALL LEVELS</b>	
TUESDAY 8:00PM-9:00PM	
SATURDAY 1:30-2:30PM	

## SPECIAL EVENTS & DATES (FEB – MAR 2010) Subject to change, please check out events section at [www.citywt.com](http://www.citywt.com) for a complete list with details.)

- FEB. 13<sup>TH</sup> – SIFU ALEX RICHTER SEMINAR (CHARLOTTE, NC)** Please contact instructor Ryan Leung at (704) 200-3147 or at [nc.wingtsun@gmail.com](mailto:nc.wingtsun@gmail.com) for more info.
- FEB. 14<sup>TH</sup> – CHINESE NEW YEAR DEMO (BROOKLYN EAGLE CLAW)** City WT's team will demo for BK Eagle Claw's Chinese New Year celebration. Call us for more info. **2PM**
- FEB. 20<sup>TH</sup> – CHINESE NEW YEAR X VALENTINE'S PARTY** Chinese New Year snacks will be served and there will be a prize for best Chinese Traditional Dress. Email [info@citywt.com](mailto:info@citywt.com) for more details. **6:00PM – 9:00PM.**
- FEB. 20<sup>TH</sup> – FREE WOMEN'S SELF DEFENSE CLASS (THINK CAFÉ)** Our monthly women's self-defense class is both fun & informative. Call for a spot. **1:00PM – 2:00PM**
- FEB. 22<sup>ND</sup> – OPEN HOUSE (MIDTOWN HQ)** Find out what WingTsun can do for you and your family! Call (212) 354-9188 to reserve a spot. **7:30PM – 8:15PM.**
- FEB. 27<sup>TH</sup> – STUDENT GRADE TESTING (MIDTOWN HQ)** Student level testing for all 12 student levels for those who are qualified. **3:00PM – 4:15PM.**
- MAR. 5<sup>TH</sup> – TECHNICIAN LEVEL TESTING (MIDTOWN HQ)** Technician level testing conducted by Sifu Carson Lau. **7:00PM – 8:30PM.**
- MAR. 6<sup>TH</sup> – SIFU CARSON LAU SEMINAR (MIDTOWN, HQ)** Please contact us at (201) 354-9188 or [info@citywt.com](mailto:info@citywt.com) for more info. **11:00AM – 4:00PM.**
- MAR. 13<sup>TH</sup> – FREE WOMEN'S SELF DEFENSE CLASS (MIDTOWN HQ)** Our monthly women's self-defense class is both fun & informative. Call for a spot. **3:30PM – 4:30PM.**
- MAR. 19<sup>TH</sup> – KUNG-FU MOVIE NIGHT (MIDTOWN HQ)** join us for a kung fu feature from Si-fu's personal collection! Bring friends to this free event. **8PM – 10PM.**
- MAR. 22<sup>ND</sup> – OPEN HOUSE (MIDTOWN HQ)** Find out what WingTsun can do for you and your family! Call (212) 354-9188 to reserve a spot. **7:30PM – 8:15PM.**