SHAOLIN KUNG FU SCHOOL IN CHINA

Weekly Training Schedule

Shaolin Yuntai
Yuntai Mountains, Henan, China

Day	06:20–07:10	08:00–11:30	14:20–17:30	19:00–20:30
Monday	Coordination exercises	Training	Training	Tai Chi
Tuesday	Upper-body strength	Training / Chinese class	Training	Shifu's training
Wednesday	Core strength	Free morning: laundry and tidying up	TCM class* / training / Chinese class	Tai Chi / Sanda
Thursday	Lower-body strength	Training / Chinese class	Training	Flexibility / forms
Friday	Qi Gong	Tai Chi / Kung Fu training	Training	Sanda
Saturday	Mixed strength	Tai Chi / Buddhism class	Training / cleaning	Free practice
Sunday	*Rest*	*Rest*	*Rest*	*Free practice*

Meals and meeting points
Breakfast 07:10 · lunch 11:30 · dinner 17:30
Meeting points: 08:00 · 14:20 · 18:40

Evening classes
Open to students of all styles. Joining is optional.

Good to know
About 37 hours of training a week. *TCM class all year, except July, August and Chinese New Year.