

## -Evergreen Kung Fu Club- Schedule as of July 2015:

Time/Day	Mon	Tues	Wed	Thur	Fri	Sat	Sun
<b>Morning</b>		<b>9-10am Tai Chi &amp; Qi Gong</b>		<b>9-10am Tai Chi &amp; Qi Gong</b>			<b>10:30am- 12pm Adult Self- Defense &amp; Shuai Jiao</b>
<b>Afternoon</b>							
		<b>5-6pm Kid's Kung Fu Ages 5-13</b>					
<b>Evening</b>							
		<b>7-8:30pm Adult Self-Defense &amp; Shuai Jiao</b>					

Head Instructor: sifu Keith Judelman: (206) 419-3868 or [info@EvergreenKungFu.com](mailto:info@EvergreenKungFu.com)

**Adult Self Defense Program**

**Longevity Program**

**Kid's Kung Fu Program**

**Young Kid's Intro to Kung Fu Program**