

## NOVA Wushu Schedule

NOVA Wushu offers unlimited classes along with flexible class schedules. We are open 6 days a week. Below is the weekday and Saturday schedule.

### Weekday schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
4pm-5pm	Private Class*	Private Class*	Private Class*	Private Class*	Private Class*
5pm-6pm	Beginner Barehand	Beginner (Yellow Sash Only) & Intermediate (Level 1) Short Weapon	Intermediate (Level 1) Barehand	Beginner (Yellow Sash Only) & Intermediate (Level 1) Long Weapon	Beginner & Intermediate (Level 1) Barehand
6pm-7pm	Intermediate (Level 1) Barehand	Barehand (All Levels)	Beginner Barehand	Barehand (All Levels)	Traditional (Intermediate Level 2 and Advance)
7pm-8pm	Intermediate (Level 2) & Advance Barehand	Intermediate (Level 2) & Advance Short Weapon	Intermediate (Level 2) & Advance Barehand	Intermediate (Level 2) & Advance Long Weapon	Intermediate (Level 2) & Advance Barehand
8pm-9pm		Private Class*	Private Class*		

\* All Private Classes are by appointment only

Beginner = No Sash, White Sash, Yellow Sash

Intermediate (Level 1) = Gold Sash, Green Sash, Blue Sash

Intermediate (Level 2) = Blue Sash, Purple Sash (\*Must have permission of Coach\*)

Advance = Brown Sash, Red Sash, Black Sash

Weekend Schedule	Saturday
10am-11am	Beginner & Intermediate Barehand (All Levels)
11am-12pm	Beginner & Intermediate Short and Long Weapons (All Levels)
12pm-1pm	Traditional Class (Intermediate Level 2 & Advance) /Demo Practice
1pm-3pm	Intermediate (Level 2) & Advance Barehand

# NOVA Wushu Taiji (Tai Chi) Schedule

## Weekday schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6pm - 7pm			Taiji (Tai Chi)		
7pm - 8pm			Taiji Sword (Tai Chi)		
7:30pm - 8:30pm		Taiji (Tai Chi)			



NOVA WUSHU  
ACADEMY