

## 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	Beginner & 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)	Team Trials Training (ages 5 to 11)	Barehand (All Levels)	Beginner / Intermediate Weapons (Short or Long) & Traditional (Intermediate Level 2 and Advance)
7pm-8pm	Weight Training and Conditioning Class (Team Trials only)	Intermediate (Level 2) & Advance Short Weapon	Intermediate (Level 2) & Advance Barehand & Team Trials Training (ages 12 to adult)	Intermediate (Level 2) & Advance Long Weapon	Jumps and Acrobatics Training (Team Trials only)

\* All Private Classes are by appointment only

Weekend Schedule	Saturday
10am-11am	Beginner & Intermediate Barehand (All Levels)
11am-12pm	Beginner & Intermediate Short and Long Weapons (All Levels)
12pm-1pm	Lunch Break
1pm-3pm	Intermediate (Level 2) & Advance Barehand

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

NOVA Wushu Taiji (Tai Chi) Schedule

Weekday schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6pm - 7pm			Yang Tai Chi		