

Songshan ChanWu Canada Academy

Chan - Gongfu - Qigong - Sanda

www.songshanchanwu.ca
5920 Av. Papineau
(corner Rosemont)
Montreal, Qc
(514) 799-4578

Experience the complete Shaolin Temple culture

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Schedule & Notes



Tuesday

TEENAGE & ADULT
SHAOLIN & SANSHOU
(RUNNING PARALLEL)
19:30-21:00

Saturday

TEENAGE & ADULT
SHAOLIN GONGFU
9:30-11:00
SANSHOU
(SPARRING)
11:15-12:45

Thursday

TEENAGE & ADULT
SHAOLIN & SANSHOU
(RUNNING PARALLEL)
19:30-21:00

Sunday

10:00 - 13:00
RESERVED FOR PRIVATES

Friday

ALL LEVEL
CHILDREN
SHAOLIN
19:30-20:30



- Private lessons available
- 1 free tryout of each class is permitted...that is to say 1 free Shaolin tryout and 1 free Sanshou tryout to allow the person to see what the school offers fully.
- Doors open 30 minutes prior to start of class...be punctual!
- Registrations by appointment only.
- Children's dress code may vary depending on age group...speak to the school Master for details.
- Sanshou Competitors are permitted to attend an additional sparring session held monday nights at ATLANTIS GYM in Laval. See School Master For Details.
- Members signed up for 3 months or more are allowed to attend all SHAOLIN classes given at ATLANTIS GYM. See School Master For Details.

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