

Don't see a class that fits your schedule? We teach private lessons during non-scheduled class times!

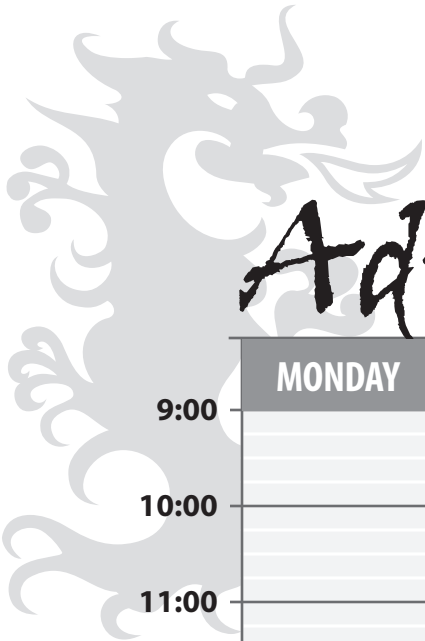
Beginner's Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00						
10:00	Teen and Adult Cun Tao (Ages 12+) 9:15 - 10:30		Teen and Adult Cun Tao (Ages 12+) 9:15 - 10:30			
11:00			Water Meditation 10:30 - 11:00			All Ages Cun Tao 10:30 - 12:00
12:00			<p>14 day free membership!</p> <p>Call us now to schedule your first introductory lesson.</p>			Little Monkeys (5-6 year olds) 12:00 - 12:45 Jungle Gym (3-4 year olds) 12:00 - 12:30
1:00						
2:00						
3:00						
4:00		Little Monkeys (5-6 year olds) 4:00 - 4:30		Jungle Gym (3-4 year olds) 4:00 - 4:30		
5:00	Kid's Cun Tao (Ages 7-11) 4:30 - 5:30		Kid's Cun Tao (Ages 7-11) 4:30 - 5:30		Kid's Cun Tao (Ages 7-11) 4:30 - 5:30	
6:00		Kid's Cun Tao (Ages 7-11) 5:30 - 6:30		Kid's Cun Tao (Ages 7-11) 5:30 - 6:30		
7:00		Teen and Adult Cun Tao (Ages 12+) 6:30 - 8:00		Teen and Adult Cun Tao (Ages 12+) 6:30 - 8:00		
8:00	Easy Living Training 7:45 - 8:30					
9:00						

503.291.9333
TULEN CENTER
 for martial arts & wellness
WWW.TULENCENTER.COM



Three Locations, One Great Community
 TULEN CENTER | 4710 SW Scholls Ferry Road | Portland, Oregon 97225 | 503.291.9333
 HAWTHORNE | 4231 SE Hawthorne Boulevard | Portland, Oregon 97215 | 503.231.1999
 ST. JOHNS | 8641 N Lombard Boulevard | Portland, Oregon 97203 | 503.283.1313



Advanced Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00						
10:00						Traditional Third Phase 9:00 – 10:30
11:00			Water Meditation 10:30 – 11:00			
12:00	<i>Personal Training Sessions focus your training.</i>					
1:00						
2:00						
3:00						
4:00	Kid's Third Phase (Ages 7–11) 3:30 – 4:30		Kid's Third Phase (Ages 7–11) 3:30 – 4:30			
5:00		White Sash Standards 4:30 – 5:30		Gold & Blue Sash Standards 4:30 – 5:30		
6:00	All Ages Third Phase 5:30 – 6:30		All Ages Third Phase 5:30 – 6:30	Cun Tao Black Belt Class 5:30 – 6:30		Kid's Third Phase Holds 5:30 – 6:30
7:00	Tournament Class 6:30 – 7:30		Green & Brown Sash Standards 6:30 – 7:30			
8:00	Easy Living Training 7:45 – 8:30	Teen and Adult Third Phase (Ages 12+) 7:30 – 9:00		Teen and Adult Third Phase (Ages 12+) 7:30 – 9:00		
9:00						