



# NYC MIDTOWN HQ

## SPRING 2024 CLASS SCHEDULE

**MON**

**TUE**

**WED**

**THU**

**SAT**

**Private Instruction Available By Appointment Throughout the Day & Evening!**

Private training can supplement group training or replace it if the group schedule is not convenient.

Text (646) 807-9735 or inquire at office for details!

**3-4pm**  
All Levels WT

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All Levels WT

**11:00am-12pm**  
1x Month Q&A

**6:30-7:30pm**  
Beg. Foundations

**6:30-7:45pm**  
Int. + Mastery

**6:30-7:30pm**  
Beg. Foundations

**6:30-7:30pm**  
Chi Sau/Forms

**12-1:30pm**  
Weekly Recap

**7:30pm-7:45pm**  
Striking Workout

**7:45pm-8pm**  
Striking Workout

**7:30pm-7:45pm**  
Striking Workout

**7:45pm-8pm**  
Striking Workout

**1:30pm-1:45pm**  
Striking Workout

**8-9:15pm**  
Sifu Alex WT Class

**8-9pm**  
Beg. Foundations

**8-9:15pm**  
Int. + Mastery

**8-9pm**  
Beg. Foundations

**2-3pm Sparring**  
CWT Gear Req'd

**Beg. Foundations**  
Beginners  
& New Students

**Int. + Mastery**  
Intermediate (SL3+) &  
Advanced/Senior

**Specials**  
These classes may have  
requirements

**All Levels**  
These classes are  
suitable for all levels.

**Sifu Alex WT Class**  
Weekly class suitable  
for Intermediates +

PLEASE VISIT [WWW.CITYWT.COM](http://WWW.CITYWT.COM)  
OR TEXT (646) 807-9735  
TO GET A FREE WEEK PASS (NEW STUDENTS ONLY)



**@CITYWINGSUN**  
1024 SIXTH AVE 5FL, NYC

**CHECK INSTAGRAM  
FOR UPDATES!**