

Information Update for Adult Kung Fu Programming

Dear Kung Fu Regina Family,

We're very pleased to announce our 2025 scheduling, which includes several community association partnerships!

This is a brand-new, exciting venture for us so we'd love your help in spreading the word and recommending our programs to others! 😊

Please note registration for our partnership programming is done through the respective associations.

Kung Fu

Thursdays, 6PM at Kung Fu Regina Training Centre, 1813 Halifax St.

Starts Jan. 9. Register now through our website!

<https://www.kungfuregina.com/courses> (Adult Kung Fu: Thursdays - Winter25)

Sundays, 1PM at Glencairn Rec Centre, 2626 Dewdney Ave E.

Starts Jan. 19.

Registration opens Jan 2 through Dewdney East Community Association: www.decaregina.ca

Mondays, 7PM - Location 1: Grant Road School Gym, 131 Massey Rd.

Starts Jan. 13. Register through Whitmore Park Community Assn.

<https://whitmorepark.ca/kung-fu-classes/>

Mondays, 7PM - Location 2: Eastview Community Centre, 615 6th Ave.

Starts Feb. 3. Register through Eastview Community Assn.

<https://www.eastviewregina.com/programming>

KungFlex - Total Body Flexibility

Tuesdays, 6PM at Kung Fu Regina Training Centre, 1813 Halifax St.

Starts Jan. 14. Register now through our website!

<https://www.kungfuregina.com/courses> (Kung Flex Total Body: Tues, Winter25)

Art of Lion Dance!

Saturdays, 10:30AM. Held at Grant Road School Gym, 131 Massey Rd.

Starts Jan. 11. Register through Whitmore Park Community Assn.

<https://whitmorepark.ca/kung-fu-classes/>

And we also have **Tai Chi** and **Internal Dimensions Energetics** scheduled throughout the week! <https://www.kungfuregina.com/>

From all of us at Kung Fu Regina, wishing you & yours the very best of the season and for the coming new year!

