



ADULTS TIMETABLE - 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					MUAY THAI FIT ALL LEVELS 11.00AM - 12.00PM
					KUNG FU ALL LEVELS 12.00PM - 1.00PM
					KUNG FU OPEN MAT 1.00PM - 1.30PM

KUNG FU INT/ADV 6.15PM - 7.15PM	KUNG FU ALL LEVELS 6.15PM - 7.15PM	KUNG FU ADVANCED 6.15PM - 7.30PM	KUNG FU ALL LEVELS 6.15PM - 7.15PM		
MEDITATION, QI GONG & TAI CHI - ALL LEVELS 7.15PM - 8.15PM	FORMS & APPLICATIONS 7.15PM - 8.15PM	MUAY THAI FIT ALL LEVELS 7.30PM - 8.30PM	SELF DEFENCE 7.15PM - 8.15PM		

SHAOLIN KUNG FU LEVELS

BEGINNERS	White Sash - Blue Sash
ALL LEVELS	White Sash – Back Sash & Above
INT / ADV	Blue Sash – Black Sash & Above
ADVANCED	Red Sash – 2 x Gold Stripes - Black Sash & Above

KEY

BJJ	Brazilian Jiu Jitsu Basics
MUAY THAI FIT	Muay Thai Fitness Kickboxing
KUNG FU	Shaolin Kung Fu
KIDS CLASSES	See Kids Timetable