

UK SHAOLIN CLASS TIMETABLE

MONDAY

10:00 - 12:00 **OPEN MAT**
13:00 - 15:00 **OPEN MAT**
15:00 - 17:00 **OPEN MAT**

17:30 - 18:30 **SYNERGYFIT** (Mixed)
18:30 - 20:00 **SANDA KICKBOXING** (Mixed)
20:00 - 21:30 **KUNG FU** (Mixed)

TUESDAY

10:00 - 12:00 **OPEN MAT**
13:00 - 15:00 **OPEN MAT**
15:00 - 17:00 **OPEN MAT**

18:30 - 20:00 **COMBAT KICKBOXING** (Int / Adv)
18:30 - 19:30 **QJGONG / MEDITATION** (Mixed)
20:00 - 21:30 **KUNG FU WEAPONS** (Level 2 +)

WEDNESDAY

10:00 - 12:00 **OPEN MAT**
13:00 - 15:00 **OPEN MAT**
15:00 - 17:00 **OPEN MAT**

17:30 - 18:30 **KUNG FU** (5 - 12 years)
19:00 - 20:30 **KUNG FU** (Beginner Friendly)
20:30 - 21:30 **TAI CHI** (Beginner Friendly)

THURSDAY

10:00 - 12:00 **OPEN MAT**
13:00 - 15:00 **OPEN MAT**
15:00 - 17:00 **OPEN MAT**

18:00 - 19:00 **TAI CHI** (Mixed)
19:00 - 21:00 **KUNG FU / WU SHU** (Adv Only)

FRIDAY

10:00 - 12:00 **OPEN MAT**
13:00 - 15:00 **OPEN MAT**
15:00 - 17:00 **OPEN MAT**

17:30 - 18:30 **SANDA KICKBOXING** (5 - 12 years)
18:30 - 20:00 **SANDA KICKBOXING** (Mixed)
18:45 - 19:45 **MEDITATION & QI GONG** (Mixed)
20:00 - 21:30 **KUNG FU** (Mixed)

SATURDAY

09:30 - 10:30 **ACROBATICS** (5 - 12 years)
10:30 - 11:30 **SANDA KICKBOXING** (Beginner Friendly)
10:45 - 11:30 **STRETCH** (Mixed)
11:30 - 12:30 **TAI CHI** (Mixed)



UK SHAOLIN GYM

MONDAY - FRIDAY

10:00 - 22:00 **GYM**

SATURDAY

09:30 - 16:30 **GYM**

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