

WING CHUN SCHEDULE 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
930-1030	SKILLS		SKILLS		SKILLS	
1000-1045			Open Training to noon			Conditioning
1045-1130					Open Training to noon	Skills/Adults & Kids
1130-1215						Skills/Adults & Kids
1200-100		Skills/ Conditioning	Skills/ Conditioning	Skills/ Conditioning	Skills/ Conditioning	
515-600	Conditioning	SKILLS	Conditioning	SKILLS	Conditioning	
600-645	SKILLS	SKILLS	SKILLS	SKILLS	SKILLS	
600-645		Children 6 & under		Children 6 & under		
645-730	SKILLS	SKILLS	SKILLS	SKILLS	SKILLS	
645-730	SKILLS	Children 7 to 11	SKILLS	Children 7 to 11	SKILLS	
730-815	Sifu Class	Conditioning	Sifu Class	Conditioning	Sifu Class	
815-915						