



派螳螂家周江東

International Chow Gar
Southern Praying Mantis Kung
Fu Association



Timetable

Day	Time	Course Information
Monday	1700 – 1730	Little Dragons (5 – 7 Yrs)
Monday	1745 – 1830	Juniors (8 – 12 Yrs)
Monday	2000 - 2100	Kickboxing (Adult 13+)
Monday	2100 – 2200	Chow Gar Southern Mantis (Adult 13+)
Tuesday	1900 – 2000	Kickboxing (Adult 13+)
Tuesday	2000 – 2100	Kickercise (Ladies only)
Wednesday	1700 – 1730	Little Dragons (5 – 7 Yrs)
Wednesday	1745 – 1830	Juniors (8 – 12 Yrs)
Wednesday	2000 – 2100	Kickboxing (Adult 13+)
Wednesday	2100 – 2200	Chow Gar Southern Mantis (Adult 13+)
Thursday	1900 - 2000	Kickboxing (Adult 13+)
Thursday	2000 – 2100	Kickercise (Ladies only)
Saturday	0900 – 0945	Little Dragons & Juniors (5 -12 Years)
Saturday	1000 – 1100	Warrior Eskrima (Adult 13+)
Saturday	1100 – 1145	Kickboxing (Adult 13+)
Saturday	1145 – 1215	Sparring
Saturday	1230 – 1330	Grappling MMA