



# TIMETABLE 2023

Little Dragons | Kids Kung Fu

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>4:00pm to 5:00pm</b>	<b>4:00pm to 4:30pm</b>	<b>4:00pm to 4:30pm</b>	<b>4:00pm to 4:30pm</b>	<b>4:00pm to 5:00pm</b>	<b>9:00am to 9:30am</b>
Kids Kung Fu L1 and L2 (ages 7-12)	Little Dragons Beginners	Little Dragons (ages 4-6)	Little Dragons Beginners	Kids Kung Fu L1 and L2 (ages 7-12)	Little Dragons (ages 4-6)
<b>5:00pm to 5:30pm</b>	<b>4:30pm to 5:00pm</b>	<b>4:30pm to 5:30pm</b>	<b>4:30pm to 5:00pm</b>	<b>5:00pm to 5:30pm</b>	<b>9:30am to 10:30am</b>
Little Dragons (ages 4-6)	Little Dragons Yellow +	Kids Kung Fu L1 and L2 (ages 7-12)	Little Dragons Yellow +	Little Dragons (ages 4-6)	Kids Kung Fu L1 and L2 (ages 7-12)
<b>5:30pm to 6:30pm</b>	<b>5:00pm to 6:00pm</b>	<b>5:00pm to 6:30pm</b>	<b>5:00pm to 6:00pm</b>	<b>5:30pm to 6:30pm</b>	<b>10:00am to 11:30am</b>
Kids Kung Fu L1 and L2 (ages 7-12)	Kids Kung Fu L1 and L2 (ages 7-12)	Black Belt Club	Kids Kung Fu L1 and L2 (ages 7-12)	Kids Kung Fu L1 and L2 (ages 7-12)	Black Belt Club
<b>6:00pm to 7:30pm</b>	<b>5:30pm to 7:00pm</b>		<b>5:30pm to 7:00pm</b>		
Black Belt Club	Black Belt Club		Black Belt Club		



Hills Academy of  
**Martial Arts**  
 SHAOLIN KUNG FU

# TIMETABLE 2023

Teens & Adults Kung Fu | Tai Chi & Qigong

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
6:00pm to 7:30pm Black Belt Club	5:30pm to 7:00pm Black Belt Club	5:00pm to 6:30pm Black Belt Club	5:30pm to 7:00pm Black Belt Club		8:00am to 9:00am Tai Chi & Qigong
7:00pm to 7:30pm Teens & Adults Conditioning	7:00pm to 7:30pm Teens & Adults Conditioning	6:30pm to 7:30pm Teens & Adults Kung Fu Kickboxing	7:00pm to 7:30pm Teens & Adults Conditioning		10:00am to 11:30am Black Belt Club
7:30pm to 8:30pm Teens & Adults Kung Fu	7:30pm to 8:30pm Teens & Adults Kung Fu	7:30pm to 8:30pm Tai Chi & Qigong	7:30pm to 8:30pm Teens & Adults Kung Fu		10:00am to 10:30am Teens & Adults Conditioning
7:30pm to 8:30pm Tai Chi & Qigong					10:30am to 11:30am Teens & Adults Kung Fu