



SIX HARMONIES KUNG FU ACADEMY

2010 TIMETABLE

SIX HARMONIES kung fu academy	monday	tuesday	wednesday	thursday	friday	saturday
9.30 am – 10.15 am						kids LD all levels
10.30 am – 11.15 am						kids SW/RT all levels
11.00 am – 12.00 pm		tai chi		all levels		
11.30 am – 12.30 pm						all levels
12.45 pm – 1.45 pm						black sash club
12.45 pm – 1.45 pm						masters club
12.45 pm – 1.45 pm						fitness club
4.15 pm – 5.00 pm			kids LD all levels			
4.30 pm – 5.15 pm	kids SW/RT beginners	Kids SW/RT intermediate		kids LD all levels	kids black sash club	
5.15 pm – 6.00 pm			kids SW/RT beginners			
5.30 pm – 6.15 pm	kids LD all levels	kids LD all levels		kids SW/RT intermediate		
6.15 pm – 7.15 pm			intermediate			
6.30 pm – 7.30 pm	beginners	beginners		advanced		
7.30 pm – 8.30 pm			qi gong & meditation			
7.45 pm – 8.45 pm	intermediate	advanced		beginners		

beginners white sash → blue sash with 1 green tip
 intermediate blue sash 2 green tips → red sash
 advanced red sash → black sash & beyond

black sash club → 1st saturday of every month
 masters club → 3rd saturday of every month
 fitness club → every 2nd saturday of every month
 kids black belt club → 1st friday of every month