

# 2020 SHMA ADULTS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					KIDS CLASSES 8.30 AM – 11.00 AM	
					MUAY THAI FIT ALL LEVELS 11.00 AM – 12.00 PM	
					KUNG FU ALL LEVELS 12.00 PM – 1.00 PM	
KIDS CLASSES 4.15 PM – 6.15 PM	KIDS CLASSES 4.15 PM – 6.15 PM	KIDS CLASSES 4.15 PM – 6.15 PM	KIDS CLASSES 4.15 PM – 6.15 PM			
KUNG FU INT / ADV 6.15 PM – 7.15 PM	KUNG FU ALL LEVELS 6.15 PM – 7.15 PM	KUNG FU ADVANCED 6.15 PM – 7.30 PM	KUNG FU ALL LEVELS 6.15 PM – 7.00 PM			
MUAY THAI FIT ALL LEVELS 7.15 PM – 8.15 PM	FORMS & APPLICATIONS 7.15 PM – 8.15 PM	MUAY THAI FIT ALL LEVELS 7.30 PM – 8.30 PM	BJJ BASICS ALL LEVELS 7.00 PM – 8.00 PM			
KUNG FU BEGINNERS 8.15 PM – 9.00 PM			KUNG FU ADV / INT 8.00 PM – 9.00 PM			

## SHAOLIN KUNG FU LEVELS

<b>BEGINNERS</b>	White Sash - Blue Sash
<b>ALL LEVELS</b>	White Sash – Back Sash & Above
<b>INT / ADV</b>	Blue Sash – Black Sash & Above
<b>ADVANCED</b>	Red Sash – 2 x Gold Stripes - Black Sash & Above

## BJJ

**MUAY THAI FIT**  
**KUNG FU**  
**KIDS CLASSES**

Brazilian Jiu Jitsu Basics  
 Muay Thai Fitness Kickboxing  
 Shaolin Kung Fu  
 See Kids timetable for more details

