



Mindful Wing Chun Class Timetable

Business Hours: Monday - Thursday 12:00pm - 8:30pm
 Saturday 9:00am - 5:00pm
Closed on all other public holidays.

Tel: 6620 7050
Email: info@mindfulwingchun.com.hk
Website: www.mindfulwingchun.com.hk

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		SATURDAY
12:00PM	Open Floor	Wing Chun	Open Floor	Open Floor	9:00AM	
1:00PM	Senior Grade Content Class	Open Floor	Open Floor	Wing Chun	10:00AM	
2:00PM					11:00AM	
4:00PM					12:00PM	
5:00PM					1:00PM	Wing Chun
6:00PM	Open Floor		Open Floor	Open Floor	2:00PM	
7:00PM	Wing Chun	Open Floor	Wing Chun	Wing Chun	3:00PM	Chi Sau Free-Flow
8:00PM			Chi Sau Free-Flow	Chi Sau Free-Flow		

Wing Chun - 55 min - All aspects of Wing Chun training will be covered in these classes.

Chi Sau - 55min - Focusing on Chi Sau skills and Chi Sau sparring.

Chi Sau Free-Flow - 30min/2 Hrs - Less structured, time to explore!

Senior Class - 55 min - This class is designed for Grade 4s and above. All grades are welcome however.

Open Floor - 30/50 min - Students are encouraged to use these dedicated slots for personal development of their Wing Chun skills.

Private Classes - 50 min - Please enquire about availabilities.

Open Training - All members are encouraged to use the facilities for personal training. Please call ahead to check availability.