



Mindful Wing Chun Class Timetable

Business Hours: Monday - Thursday 12:00pm - 8:30pm
 Saturday 10:00am - 5:00pm
 Sunday 10:00am - 1:00pm
Closed on all other public holidays.

Tel: 6620 7050

Email: info@mindfulwingchun.com.hk

Website: www.mindfulwingchun.com.hk

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		SATURDAY	SUNDAY
12:00PM	Open Floor	Wing Chun (All Levels)	Open Floor	Open Floor	9:00AM		
1:00PM	Wing Chun (Senior Grade Content)	Open Floor	Open Floor	Wing Chun (All Levels)	10:00AM	Little Dragons (3-6 YRS)	Little Dragons (3-6 YRS)
2:00PM					11:00AM	Dragons (6-9 YRS)	Mindful Dragons (6-13 YRS)
4:00PM	Little Dragons (3-6 YRS)	Little Dragons (3-6 YRS)	Dragons (6-9 YRS)	Little Dragons (3-6 YRS)	12:00PM	Mindful Dragons (9-13 YRS)	Little Dragons (3-6 YRS)
5:00PM	Dragons (6-9 YRS)	Dragons (6-9 YRS)	Little Dragons (3-6 YRS)	Dragons (6-9 YRS)	1:00PM	Wing Chun (All Levels)	
6:00PM	Open Floor	Mindful Dragons (9-13 YRS)	Open Floor	Open Floor	2:00PM	Mindful Dragons (9-13 YRS)	
7:00PM	Wing Chun (All Levels)	Open Floor	Wing Chun (All Levels)	Wing Chun (All Levels)	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. All levels welcome.

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

Senior Grade Content 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.

Kids Kung Fu 3-6 - 50 min - Please see above for different age groups.

Kids Kung Fu 6-9 - 55 min - Please see above for different age groups.

Kids Kung Fu 9+ - 55 min - Please see above for different age groups.

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