

Rising Crane Adult Timetable from August 2018.

Fighting Fit Classes:

Mon	Tues	Wed	Thurs	Fri	Sat
12:00	1:00	12:00	1:00	12:00	11am
6:30	6:30	6:30	6:30	6:30	
7:30	7:30	7:30	7:30	7:30	
8:30	8:30	8:30	8:30		

MMA Classes:

Mon	Tues	Wed	Thurs	Fri	Sat
1:00	12:00	1:00	12:00	1:00	11am
6:30	6:30	6:30	6:30	6:30	12pm
7:30	7:30	7:30	7:30	7:30 (Squad)	12pm (Ladies)
8:30	8:30 (Squad)	8:30	8:30 (Squad)		

Open to all levels, except 'Squad' which is by invitation only.

Traditional Classes:

	Mon	Tues	Wed	Thurs	Fri	Sat
12pm	Tai Chi		Tai Chi		Tai Chi	10am: Tai Chi
1pm		Tai Chi		Tai Chi		11am-1pm Open Training
5-6:30	Open Training	Open Training	Open Training	Open Training	Open Training	
6:30	Tai Chi	Kung Fu	Tai Chi	Kung Fu	Tai Chi	
7:30	Kung Fu	Tai Chi	Kung Fu	Tai Chi		

Note: For Tai Chi, Kung fu and MMA-the classes are taught according to 'A' and 'B' class to cover all of the material. 'A' classes are Monday, Tuesday, and Friday 'B' classes are Wednesday, Thursday and Saturday. 2 classes per week are necessary to progress through the curriculum.