

# Rising Crane Junior Classes

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	FF Room	MMA Room	FF Room	MMA Room	FF Room	MMA Room	FF Room	MMA Room	FF Room	MMA Room	FF Room	MMA Room
9.30am											5-6yrs	10-14 Years
10.15am											7-9yrs	Sparring class.
5pm	5-6yrs	10-14yrs	Elite	7-9yrs	5-6yrs	10-14yrs	Elite	7-9yrs	5-6yrs	10-14yrs		
5.45pm	Elite	7-9yrs	5-6yrs	10-14yrs	Elite	7-9yrs	5-6yrs	10-14yrs	STORM Team.	7-9yrs		

Teaching Curriculum: Monday, Tuesday and Friday are 'A' days. Wednesday, Thursday and Saturday are 'B' days.

Your child needs to attend at least one A and one class B per week.

[www.risingcrane.co.uk](http://www.risingcrane.co.uk)