

## Rising Crane Adult Timetable 2019.

### Fighting Fit Classes:

Mon	Tues	Wed	Thurs	Fri	Sat
12:00	1:00	12:00	1:00	12:00	11:00 am
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			

### MMA Classes:

Mon	Tues	Wed	Thurs	Fri	Sat
1:00 All levels	12:00 All levels	1:00 All levels	12:00 All levels	1:00 All levels	11:00 am Advanced
6:30 Fundamentals	6:30 Advanced	6:30 Fundamentals	6:30 Advanced	6:30 All levels	12:00 pm Fundamentals
7:30 Advanced	7:30 Fundamentals	7:30 Advanced	7:30 Fundamentals	7:30 Squad	12:00 pm Ladies MMA
8:30 Squad	8:30 Open Mat	8:30 Squad	8:30 Instructor training		

'Fundamentals' open to all levels, 'Advanced' for Yellow band and above. 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. A minimum of one 'A' and one "B class per week is necessary to progress through the curriculum ranks.

### Tai Chi / Kung Fu Classes:

Mon	Tues	Wed	Thurs	Fri	Sat
12pm Tai Chi All levels	1pm Tai Chi All levels	12pm Tai Chi All levels	1pm Tai Chi All levels	12pm Tai Chi All levels	10am Tai Chi All levels
6:00 Push Hands		6:00 Push Hands			11:00 Push Hands
6:30pm Tai Chi Advanced	6:30pm Tai Chi Fundamentals	6:30pm Tai Chi Advanced	6:30pm Tai Chi Fundamentals	6:30pm Tai Chi All levels	11:30am-1pm Open Training
7:30pm Tai Chi Fundamentals	7:30 Tai Chi Advanced	7:30pm Tai Chi Fundamentals	7:30 Tai Chi Advanced		
8:30 Kung Fu	8:30 Instructors	8:30 Kung Fu	8:30 Open training		

'Fundamentals' open to all levels, 'Advanced' for those who have completed the '24 forms'. 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. A minimum of one 'A' and one "B class per week is necessary to progress through the curriculum. Push hands is an 'open' practise for tai chi students who have already learned the push hands exercises in the class and just want more people to practise with.