

Rising Crane Adult Timetable.

Fighting Fit Classes:

Mon	Tues	Wed	Thurs	Fri	Sat
12:00	1:00	12:00	1:00	12:00	10:00
5:30		5:30		5:30	11:00
6:30	6:30	6:30	6:30	6:30	
7:30	7:30	7:30	7:30	7:30	

MMA Classes:

Mon	Tues	Wed	Thurs	Fri	Sat
1:00 Stand Up	12:00 Stand Up	1:00 Ground	12:00 Ground	1:00 Stand Up	11:00 am Stand Up
6:30 Ground	6:30 Ground	6:30 Stand Up	6:30 Stand Up	6:30 Ground	12:00 Ground
7:30 Stand Up	7:30 Stand Up	7:30 Ground	7:30 Ground	7:30 Stand Up	

Tai Chi / Kung Fu Classes:

Mon	Tues	Wed	Thurs	Fri	Sat
	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
6:30pm Tai Chi Advanced	6:30pm Tai Chi Fundamentals	6:30pm Tai Chi Advanced	6:30pm Tai Chi Fundamentals	6:30pm Tai Chi All levels	11am-1pm Open Practise
7:30pm Tai Chi Fundamentals	7:30 Tai Chi Advanced	7:30pm Tai Chi Fundamentals	7:30 Tai Chi Advanced		
8:30pm Kung Fu		8:30pm Kung Fu			

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.