



# Rising Crane



**Train your body. Free your mind.**

## Adult MMA/Fighting Fit:

Mon	Tues	Wed	Thurs	Fri	Sat
	12:00 Fighting Fit	1:00 Fighting Fit	12:00 Fighting Fit	1:00 Fighting Fit	11:00 Fighting Fit
5:30 Fighting Fit	4:45 Fighting Fit			5:30 Fighting Fit	12:00 Siege MMA
6:30 Fighting Fit	6:30 Fighting Fit	6:30 Fighting Fit	6:30 Fighting Fit	6:30 Fighting Fit	
7:30 Siege MMA	7:30 Fighting Fit	7:30 Siege MMA	7:30 Fighting Fit	7:30 Siege MMA	
8:30 Fighting Fit	8:30 Siege MMA	8:30 Fighting Fit	8:30 Siege MMA		

## Kung Fu/Tai Chi:

Mon	Tues	Wed	Thurs	Fri	Sat
	1pm Tai Chi	12pm Tai Chi	1pm Tai Chi	12pm Tai Chi	10:00 Tai Chi
6:30pm Tai Chi (Advanced)	6:30pm Kung Fu	6:30pm Tai Chi (Advanced)	6:30pm Kung Fu	6:30pm Tai Chi (All)	11:00 Kung Fu
7:30pm Tai Chi (Fundamentals)	7:30pm Tai Chi (All)	7:30pm Tai Chi (Fundamentals)	7:30pm Tai Chi (All)		
8:30 Kung Fu		8:30 Kung Fu			

Except for the 'Fighting Fit' class- 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.