

NORTHCLIFF CLASS TIMES

ALL CLASS TIMES ARE SUBJECT TO CHANGE AND SERVE AS A GUIDE ONLY

	5:30 - 6:30	6:30 - 7:30	7:00 - 8:00	8:00 - 9:00	9:00 - 9:45 9:45 - 10:15	10:15 - 11:15	16:30 - 17:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00
MONDAY	HARD FORM							HARD FORM KIDS	HARD FORM ADULTS BEGINNER	HARD FORM ADULTS ADVANCED
TUESDAY								KUNG-FU FITNESS	TAI-CHI	HARD FORM ADULTS BEGINNER
WEDNESDAY	HARD FORM							HARD FORM KIDS	HARD FORM ADULTS BEGINNER	HARD FORM ADULTS ADVANCED
THURSDAY								KUNG-FU FITNESS	TAI-CHI	HARD FORM ADULTS BEGINNER
FRIDAY	HARD FORM	TAI-CHI								
SATURDAY			KUNG-FU FITNESS	HARD FORM KIDS	KIDDIES KUNG-FU					
PUBLIC HOLIDAY					CLOSED					

KUNG FU

These classes are available to anyone 8 years and older. Challenging physical; balanced with application and technique. Classes focus on hard work and discipline.

TAI-CHI SOFT FORM

Tai-Chi is a form of active meditation. It helps calm the body, focus the mind, and build fortitude and balance. Open to all ages and also a fantastic stress reliever.

TIGER

Hun-Gar or Tiger is available only to students who have trained with the school for a period of time. Tiger is intense and will test you. Not for the faint of heart.

KUNG-FU FITNESS

Kung-Fu Fitness classes are the fitness solution for anyone looking for Fun Intense Training. It is great for those who don't like gyms or who may need special attention. The classes are broken into training classes and challenges so you can keep track of your fitness and see real results from you training.

KIDDIES KUNG-FU

Kung-Fu for Kiddies is aimed at ages 4-7 years. Incorporating Kung Fu fundamentals: discipline, stretching and strengthening is integrated into fun gross motor activities that help develop the skills needed to develop healthy minds and bodies.

SHAOLIN
MARTIAL ARTS CENTER



CONTACT US FOR MORE INFO

GRANT: 072 024 8044

START YOUR KUNG FU JOURNEY TODAY

www.shaolin.co.za