

UK SHAOLIN TEMPLE TRAINING TIME TABLE

All Dorset locations and Classes				
LOCATIONS	DATE	TIME	LEVELS	CLASS CONTENT
Bournemouth	Monday	6.30pm - 7.30pm	Beginners (Kids only)	Forms , Acrobatics
Bournemouth	Monday	6.30pm - 8.00pm	Level 4 + (9 +)	Forms, Weapons, Acrobatics
Bournemouth	Monday	8.00pm - 9.00pm	Level 3 + (18 +)	San Shou , Wrestling, Thai Pads, Sparring
Bournemouth	Wednesday	7.00pm - 8.00pm	Beginners (9 +)	MMA , Thai Pads
Bournemouth	Wednesday	7.00pm - 8.30pm	Level 3 + (18 +)	MMA , Thai Pads, Wrestling
Christchurch	Tuesday	6.30pm - 8.00pm	Levels 1 + (9 +)	San Shou , Wrestling, Acrobatics
Christchurch	Sunday	6.00pm - 7.30pm	All Levels (5 +)	Forms, San Shou , Acrobatics
All Hampshire locations and Classes				
Lymington	Wednesday	5.30pm - 6.30pm	All Levels (5 +)	Forms , Acrobatics, San Shou
Totton	Tuesday	8.05pm - 9.30pm	All Levels (9 +)	Forms , Acrobatics, San Shou, Thai Pads
Portsmouth	Thursday	8.05pm - 9.30pm	All Levels (9 +)	Forms , Acrobatics, San Shou, Thai Pads
Southampton	Tuesday	8.05pm - 9.30pm	All Levels (9 +)	Forms , Acrobatics, San Shou, Thai Pads
Winchester	Friday	7.30pm - 9.00pm	All Levels (9 +)	Forms, San Shou, Weapons, Thai Pads, Acrobatics
All London locations and Classes				
Earls Court	Saturday	3.00pm - 4.00pm	All Levels (18 +)	Forms, San Shou, Thai pads, Acrobatics
Twickenham	Saturday	5.00pm - 6.00pm	All Levels (5 +)	Forms, San Shou, Kick Boxing, Acrobatics

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