

UK SHAOLIN TEMPLE TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17:30pm - 18:00pm Meditation (FREE)	13:00pm - 14:00pm Tai Chi Course	15:30pm - 17:30pm Open Practice	15:30pm - 17:30pm Open Practice	15:30pm - 17:30pm Open Practice	9:30am - 10:30am Acrobatics Children Only
18:00pm - 19:00pm Tai Chi	15:30pm - 17:30pm Open Practice	17:30pm - 18:30pm Kung Fu Children Only	17:30pm - 19:00pm Open Practice Level Two +	18:00pm - 19:30pm San Da TEAM ONLY	10:30am - 11:30pm Kung Fu
19:00pm - 20:00pm Kung Fu	18:30pm - 20:00pm San Da / Kickboxing	18:30pm - 20:00pm Kung Fu	19:00pm - 20:30pm Tai Chi	19:30pm - 20:30pm Kung Fu	11:30am - 12:30pm San Da / Kickboxing
20:00pm - 21:00pm Weapons Level Two +	20:00pm - 21:30pm Advanced Level Three +	20:00pm - 21:00pm Acrobatics	20:30pm - 21:30pm Meditation / Qi Gong	20:30pm - 21:30pm Kung Fu Adult Only	13:30pm - 15:00pm Kung Fu / Wushu TEAM ONLY