

UK Wing Chun Assoc: North London Academy

Unit 7 - Chase Side Works - Chelmsford Rd - Southgate N14 4JN - 01245 382 894 - 07976 855 259



Timetable 2008*

Monday

Fitness & Conditioning Class	6.45pm to 7.30pm
Beginners Class	7.30pm to 8.45pm
Intermediate Class	8.45pm to 10.00pm

Tuesday

Intermediate Class	7.00pm to 8.15pm
Advance Class	8.15pm to 9.30pm

Wednesday

Fitness & Conditioning Class	6.45pm to 7.30pm
Beginners Induction Course	7.30pm to 8.45pm
Mixed Level Class Guard Hand Skills (venue2*)	8.00pm to 9.30pm
Chinese Kickboxing (San Shou)	8.45pm to 10.00pm

Thursday

Intermediates Class	7.00pm to 8.15pm
Advanced Class (Senior Students Only)	8.15pm to 9.30pm

Friday

No Classes Currently Running

Saturday

Beginners Class	10.30am to 11.45pm
Fitness & Conditioning	12.00pm to 12.45pm
Drop in Session* (subject to change)	1.00pm to 2.00pm
Reserved for Grading and Courses	3.00pm to 6.00pm

Sunday

Under 16 Class (10 to 16yrs)	10.00am to 11.00pm
Intermediates Class	11.00am to 12.15am
Drop in Session* (subject to change)	12.15am to 1.15pm



* Please Note, that this timetable was correct at time of printing. However it is subject to change and will be updated regularly in the event of changes. Note, also that classes may be cancelled in cases of emergency, however every effort will be taken to avoid this circumstance and school members will be contacted accordingly.

**Venue Two: ST Andrews Church Hall, Chase Side N14, Southgate. Check with a member of staff for directions.