



WHITE CRANE ACADEMY

Summer Timetable

Hi,

I am training in China from July 16th – August 17th but the team of instructors, assistants, and trainees are doing a great job by keeping nearly all of your classes going – so please support them in their efforts and you'll be rewarded with lots of new pain and torture upon my return 😊.

I'll be replying to emails as much as possible but if anyone has any questions whilst I'm away, please contact Karina on 07796 613541.

Thank you, have a great summer!

Mark

The following classes have been cancelled over the summer:

July

Monday 29th - Kickboxing
(the Tai Chi class is on as normal)

August

Sunday 4th - Kung Fu

Monday 5th - Kickboxing
(the Tai Chi class is on as normal)

July

Wednesday 17th	Tai Chi	7-8	Tom/Cam
	Kung Fu	8-9	Mark T/Hamish/Cam/Jim
Saturday 20th	Tai Chi	9-10	Karina/Tom
	Tai Chi	10-11	Karina/ Tom
	Kung Fu	11-12	Karina/Jim
	Kickboxing	12-1	Karina/Jim
Sunday 21st	Kung Fu	11-12	Hamish
Monday 22nd	Tai Chi	7-8	Tom
	Kickboxing	8-9	Jim
Tuesday 23rd	Weapons	7.30-8	Karina
	Tai Chi	8-9	Karina
Wednesday 24th	Tai Chi	7-8	Tom/Cam
	Kung Fu	8-9	Hamish/Cam/Jim/Mark T
Saturday 27th	Tai Chi	9-10	Karina/Tom
	Tai Chi	10-11	Karina/Tom
	Kung Fu	11-12	Karina/Jim
	Kickboxing	12-1	Karina/Jim
Sunday 28th	Kung Fu	11-12	Hamish
Monday 29th	Tai Chi	7-8	Tom
	Kickboxing	8-9	
Tuesday 30th	Weapons	7.30-8	Karina
	Tai Chi	8-9	Karina
Wednesday 31st	Tai Chi	7-8	Tom/Cam
	Kung Fu	8-9	Cam

August

Saturday 3rd	Tai Chi	9-10	Karina/Tom
	Tai Chi	10-11	Karina/Tom
	Kung Fu	11-12	Karina
	Kickboxing	12-1	Karina
Sunday 4th	Kung Fu	11-12	
Monday 5th	Tai Chi	7-8	Tom
	Kickboxing	8-9	
Tuesday 6th	Weapons	7.30-8	Tom
	Tai Chi	8-9	Tom
Wednesday 7th	Tai Chi	7-8	Tom/Cam
	Kung Fu	8-9	Mark T/Cam
Saturday 10th	Tai Chi	9-10	Tom
	Tai Chi	10-11	Tom
	Kung Fu	11-12	Mark T
	Kickboxing	12-1	Mark T
Sunday 11th	Kung Fu	11-12	Hamish
Monday 12th	Tai Chi	7-8	Tom
	Kickboxing	8-9	Mark T/Jim
Tuesday 13th	Weapons	7.30-8	Karina
	Tai Chi	8-9	Karina
Wednesday 14th	Tai Chi	7-8	Tom/Cam
	Kung Fu	8-9	Mark T/Cam/Jim