



TIMETABLE 2024

Little Dragons | Kids Kung Fu

Monday
4:00pm to 5:00pm
Kids Kung Fu Orange/Green/Blue (ages 7-12)
5:00pm to 5:30pm
Little Dragons (ages 4-6)
5:30pm to 6:15pm
Kids Kung Fu White/Yellow (ages 7-12)
5:30pm to 6:30pm
Kids Kung Fu Orange/Green/Blue (ages 7-12)
6:00pm to 7:30pm
Black Belt Club Purple/Brown/Black (All Ages)

Tuesday
4:00pm to 4:30pm
Little Dragons (ages 4-6)
4:30pm to 5:15pm
Kids Kung Fu White/Yellow (ages 7-12)
5:00pm to 6:00pm
Kids Kung Fu Orange/Green/Blue (ages 7-12)
6:00pm to 7:30pm
Black Belt Club Purple/Brown/Black (All Ages)

Wednesday
4:00pm to 4:45pm
Kids Kung Fu White/Yellow (ages 7-12)
4:00pm to 5:00pm
Kids Kung Fu Orange/Green/Blue (ages 7-12)
5:00pm to 5:30pm
Little Dragons (ages 4-6)
5:00pm to 6:30pm
Black Belt Club Purple/Brown/Black (All Ages)

Thursday
4:00pm to 4:30pm
Little Dragons (ages 4-6)
4:30pm to 5:15pm
Kids Kung Fu White/Yellow (ages 7-12)
5:00pm to 6:00pm
Kids Kung Fu Orange/Green/Blue (ages 7-12)
6:00pm to 7:30pm
Black Belt Club Purple/Brown/Black (All Ages)

Friday
4:00pm to 5:00pm
Kids Kung Fu Orange/Green/Blue (ages 7-12)
5:00pm to 5:30pm
Little Dragons (ages 4-6)
5:30pm to 6:15pm
Kids Kung Fu White/Yellow (ages 7-12)
5:30pm to 6:30pm
Kids Kung Fu Orange/Green/Blue (ages 7-12)
5:30pm to 7:00pm
Black Belt Club Purple/Brown/Black (All Ages)

Saturday
9:00am to 9:30am
Little Dragons (ages 4-6)
9:30am to 10:15am
Kids Kung Fu White/Yellow (ages 7-12)
10:00am to 11:00am
Kids Kung Fu Orange/Green/Blue (ages 7-12)
10:30am to 12:00pm
Black Belt Club Purple/Brown/Black (All Ages)



Hills Academy of
Martial Arts
SHAOLIN KUNG FU

TIMETABLE 2024

Teens & Adults Kung Fu | Tai Chi & Qigong

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00pm to 7:30pm Teens & Adults Conditioning	7:00pm to 7:30pm Teens & Adults Conditioning	5:00pm to 6:30pm Black Belt Club Purple/Brown/Black (All Ages)	7:00pm to 7:30pm Teens & Adults Conditioning	5:30pm to 7:00pm Black Belt Club Purple/Brown/Black (All Ages)	10:30am to 11:00am Teens & Adults Conditioning
7:30pm to 8:30pm Teens & Adults Kung Fu	7:30pm to 8:30pm Teens & Adults Kung Fu	7:30pm to 8:30pm Tai Chi & Qigong	7:30pm to 8:30pm Teens & Adults Kung Fu		11:00am to 12:00pm Teens & Adults Kung Fu
7:30pm to 9:00pm Black Belt Club Purple/Brown/Black	7:30pm to 9:00pm Black Belt Club Purple/Brown/Black		7:30pm to 9:00pm Black Belt Club Purple/Brown/Black		10:30am to 12:00pm Black Belt Club Purple/Brown/Black (All Ages)