SYDNEY SELF DEFENCE CENTRE

Yi QUAN 意拳 ULTIMATE FIST ART

Qi Gong for life

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5.15 - 6.15 pm Adult/Falcon All Levels			5.15 - 6.15 pm Adult/Falcon All Levels	SCHOOL HOLIDAY PROGRAM SPECIAL STUDY CLASSES When Available	

CUBS	5 – 9 Years
TIGERS	10 – 12 Years
FALCONS	13 – 17 Years
ADULTS	18 Years +

GARTLAN CENTRE TIMETABLE

CLASSES FROM AUGUST 2009

SYDNEY SELF DEFENCE CENTRE
YIQUAN KUNGFU ACADEMY
HEAD OFFICE - MARRICKVILLE
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