

2019 CLASS TIMETABLE



CHEUNG'S WING CHUN KUNG FU ACADEMY

Level 2, 111 Lonsdale Street, Melbourne Tel: **03-9663 3588**

Self Defence & Fitness for Men – Women – Children

Australia – USA – Canada – UK – France – Switzerland – Greece –
China – Japan – Slovakia – Serbia – Croatia – Italy – Netherlands – Poland

Grandmaster William Cheung: Yip Man's student, Mentor to Bruce Lee
President - The Global Traditional Wing Chun Kung Fu Association
Combat Consultant to the US Navy Seals

Instructors: Master Andrew Cheung, Sifu James Cheung, Sifu Damien Chauremootoo,
Sifu Brendan Casey, Sifu Matt Fellows, Sifu Craig Barrow, Sifu Daniel Sapstead,
Sihing Frank Mallia

www.cheungwingchun.com



Keep up-to-date with class, seminar and special event information: "Like" our **Facebook** page – **Cheung's Wing Chun Kung Fu Academy - Melbourne**

Monday	12 noon – 1:30pm Street Self Defence 4:00pm to 5:00pm 5:30pm to 6:45pm 7:00pm to 8:30pm
Tuesday	12 noon – 1:30pm 4:00pm to 5:00pm 5:30pm to 6:45pm 5:30pm to 6:30pm Women's Self Defence 7:00pm to 8:30pm
Wednesday	12 noon – 1:30pm 4:00pm to 5:00pm 5:30pm to 6:45pm 7:00pm to 8:30pm Chi Sao and Applications
Thursday	12 noon – 1:30pm 4:00pm to 5:00pm Forms and Breathing 5:30pm to 6:45pm Conditioning and Sparring 7:00pm to 8:30pm
Friday	Closed
Saturday	9:30am to 10:15am Children Level 3 and above 10:15am to 11:00am Children - Beginners 11:00am to 12 noon Women's Self Defence 11:00am to 12:30pm Adults Fitness and Wooden Dummy Applications
Sunday	9:30am to 10:15am Children Level 3 and above 10:15am to 11:00am Children - Beginners 11:00am to 12:30pm Adults



"Traditional Wing Chun Kung Fu is based on science: All other martial arts can only fight front on, therefore the bigger and faster fighter must win. Wing Chun teaches you how to deal with a bigger and faster fighter, as well as multiple opponents."
**GRANDMASTER
WILLIAM CHEUNG**

PRIVATE LESSONS: Speak with Reception to book.