



Choy Lai Fut Martial Arts Hall

Pacific Plaza Unit #1005 – 8888 Odlin Crescent, Richmond, BC
 Phone: 604-812-7448 (Cantonese & English) or 604-831-8475 (English)
 Website: www.choylaifut.com E-mail: info@choylaifut.com

CLASS SCHEDULE

It's never too late to join our classes. Many people have asked us whether they need to wait for a new "term" to start before they can begin learning, but we don't hold classes this way. Anyone coming to our school may begin immediately, and what we do is spend a bit of time with each new student or group of students to help them adjust at a comfortable pace to the class. Everyone learns at a slightly different rate, and that's ok -- **the emphasis is on personal growth and development, NOT on competition.**

Traditional Program: Kids (6 – 12) & Family	Tues 5:30 pm – 7:00 pm Thurs 4:00 pm - 5:30 pm Sat 10:30am - 12:00 pm Sat 3:00 pm - 4:30 pm
Traditional Program: Youth (13+) and Adults	Tues 7:00 pm - 8:30 pm Thurs 7:00 pm - 8:30 pm Sat 12:15 pm - 1:45 pm
Self-Defence Program for Women (13+)	Please call us to sign up for the next session
Lion Dancing	Kids (6 – 12) – offered only to students registered for minimum of 3 months in our traditional program Adults (13+) – offered only to students registered for minimum of 3 months in our traditional program

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Morning							Traditional program: Family & Kids 10:30am to 12:00pm
Afternoon			Traditional program: Family & Kids 5:30 to 7:00pm		Traditional program: Family & Kids 4:00 to 5:30pm		Traditional program: Adults 12:15 to 1:45pm <hr/> Traditional program: Family & Kids 3:00 to 4:30pm
Evening			Traditional program: Adults 7:00 to 8:30pm		Traditional program: Adults 7:00 to 8:30pm		

Please we reserve the right to change the schedule at any time.