

## MONDAY

<b>Sifu Laoshi Instructor</b>	<b>NAME</b>	<b>SYLLABUS</b>	<b>AREA</b>	<b>ADDRESS</b>	<b>CONTACT NUMBER</b>	<b>TIME</b>
<b>Instructor</b>	<b>Darren Mitchell</b>	<b>KUNG FU &amp; CHINESE BOXING</b>	<b>ARLESEY</b>	<b>Arlesey Village Hall Arlesey High Street Bedfordshire SG15 6SN</b>	<b>0771 870 2299</b>	<b>6.00pm – 7.30pm (Age 6–17)</b>
<b>Sifu</b>	<b>Anthony Roberts</b>	<b>KUNG FU + CHINESE BOXING + TAIJI QUAN</b>	<b>CHIGWELL</b>	<b>Hainault Forest Community Centre Manford Way Hainault Essex IG7 4 DF</b>	<b>07860 607 928</b>	<b>7.30pm - 8.30pm Mixed</b>
<b>Laoshi</b>	<b>Richard Gordon</b>	<b>KUNG FU &amp; CHINESE BOXING</b>	<b>DEBDEN</b>	<b>Kingsley Hall Debden Loughton Essex</b>	<b>07810 560 825</b>	<b>8.00pm – 9.00pm</b>
<b>Laoshi</b>	<b>Antonio Baldino &amp; Pompeo Baldino</b>	<b>KUNG FU &amp; CHINESE BOXING</b>	<b>HORNCHURCH</b>	<b>Abbs Cross Health &amp; Fitness Centre Abbs Cross Lane RM12 4YB</b>	<b>0798 472 2955</b>	<b>6.00pm -7.00pm Children</b>