



MOH PAI DEFENSIVE ARTS

Edmonton Training Schedule: **October – December / 2018**

Revised Nov. 24/2018:

Nov.29 & Dec.6 Thursday classes have been cancelled due to renovations at the YMCA

Class Times and Locations:

Day	Time	Location
Mondays	7:00 - 8:30 PM	Queen Alexandra Community Hall 10425 - University Ave., Edmonton
Wednesdays		
Thursdays		Don Wheaton Family YMCA, room: <u>Studio 1</u> 10211 - 102 Ave., downtown Edmonton

\$50 monthly membership fee

- includes all training days & locations
- accepting adults & youth age 15 and up

Free Trial class & First 3 months of training for the price of 2!

(New students only, limited time offer -- while promotion is in effect)

Recommended Training Attire:

- long training pants
- a T-shirt or long-sleeve top
- clean indoor training shoes (the lighter and more flexible the better)
- a water bottle

Training Calendar			
All classes 7:00 - 8:30 PM			
2018	Mon	Wed	Thu
October	1	3	4
	no class	10	11
	15	17	18
	22	24	25
November	29	no class	1
	5	7	8
	12	14	15
	19	21	22
December	26	28	no class
	3	5	no class
	10	12	13
	17	19	20
Merry Christmas!			27
... and Happy New Year!			

Classes resume in the New Year on Wednesday, January 2nd.

<p>Pai Hu Shih training (PHS) Mondays 8:30-9:00 pm (advanced students only who are members of PHS class)</p> <p>If no PHS members are present, class will continue with Moh Pai knowledge and self-defense training for all students until 9pm.</p>
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www.mohpai.com

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