



KickFit Martial Arts Schools

# Class Schedule

Langley School

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	Tuesday A Day	Wednesday B Day	Thursday B Day	Saturday A Day
<b>Junior BASIC: white, yellow, orange, green, blue</b>				
	5:15 to 6pm		5:15 to 6pm	
<b>Junior INTERMEDIATE: purple, adv. purple</b>				
	6:15 to 7pm		6:15 to 7pm	
<b>Junior ADVANCED: brown, adv. brown, red, int. red, adv. red</b>				
	6:15 to 7pm		6:15 to 7pm	
<b>Black Belt: Adult &amp; Junior</b>				
	7:15 to 8:10pm		7:15 to 8:10pm	
<b>ADULT: Basic &amp; all grades</b>				
	7:15 to 8:10pm		7:15 to 8:10pm	

- **SPECIAL CLASS SCHEDULE** – each week 5, Thursday only

**BELT GRADUATION CEREMONY:** Junior Grades at 6pm & Adult Grades at 7:15pm

- **TRAINING VENUE**

**Tue & Thurs:** Holy Family Church hall, Trelawney Avenue, Langley SL3 7UD

- **CLASS NOTES**

1. 'A' Days will cover Traditional Martial Arts and Technical training
2. 'B' Days will cover Self-Defence and Reaction Drills
3. Students should aim to attend one A and one B class each week, any absences may be made up by attending extra classes (*ask your instructor for a schedule*)
4. Arrive 10 minutes before your class and pull your attendance card
5. Warm-up or stretch before your start, prepare quietly for the lesson
6. Approved safety equipment is required on 'B' days by all intermediate and higher students
7. Approved weapons are required by all advanced students and higher
8. Junior students from 7 to 12 years
9. Adult students from 13yrs+ (all grades will require Basic starter pack including gloves)