



KickFit Martial Arts Schools

Adult Schedule

Main School - Slough

Tel: 0845 230 3323

email: info@kickfit-academy.com web: www.kickfit-academy.com

Monday A Day	Tuesday A Day	Wednesday B Day	Thursday B Day	Saturday A Day
BASIC: white, yellow, orange				
8 to 8:45pm	7:30 to 8:15pm	8 to 8:45pm	7:30 to 8:15pm	9:50 to 10:35am
INTERMEDIATE: green, blue, purple, adv. purple				
7:30 to 8:25pm	7:30 to 8:25pm	7:30 to 8:25pm	7:30 to 8:25pm	9:50 to 10:35am
ADVANCED: brown, adv. brown, red, int. red, adv. red				
7:30 to 8:25pm +L	7:30 to 8:25pm	7:30 to 8:25pm +L	7:30 to 8:25pm	9:50 to 10:35am +L
BLACK BELT				
7:30 to 8:25pm +L	7:30 to 8:25pm	7:30 to 8:25pm +L	7:30 to 8:25pm	9:50 to 10:35am +L
PREPARATION CLASS: adv. red and black belt				
<i>This class is attended in addition to regular twice a-week schedule</i>				Wednesday 7:15 to 8pm

- **SPECIAL CLASS TIMETABLE – each week 5 Saturday only**
BELT GRADUATION CEREMONY from 10 to 10:45am: no regular classes take place

MAIN SCHOOL TRAINING VENUES

Mon, Wed, Thurs, Sat: Westgate School, Cippenham Lane, Slough

Tue: Montem School, Chalvey Grove, Slough

CLASS NOTES

1. 'A' Days will cover Traditional Martial Arts and Technical training
2. 'B' Days will cover Self-Defence and Reaction Drills
3. +L means leadership training, additional 15 minute class available in addition to regular class
4. Students should **attend twice a week**, one A and one B class each week, any absences may be made up by attending extra classes (*ask your instructor for a schedule*)
5. Arrive 10 minutes before your class and pull your attendance card
6. Warm-up or stretch before your start, prepare quietly for the lesson
7. Approved KickFit safety equipment is required by all intermediate students and higher students
8. Adult students from 13 years