



KickFit Martial Arts Schools

Junior 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
LITTLE CHAMPION: all grades				
5 to 5:30pm or 5:50 to 6:20pm		5 to 5:30pm or 5:50 to 6:20pm	6 to 6:30pm	10 to 10:30am
BASIC: white, yellow, orange				
5:45 to 6:30pm	5 to 5:45pm or 6:45 to 7:30pm	5:45 to 6:30pm	5 to 5:45pm or 6:45 to 7:30pm	9 to 9:45am
INTERMEDIATE: green, blue, purple, adv. purple				
5 to 5:45pm	5 to 5:45pm or 6:45 to 7:30pm	5 to 5:45pm	5 to 5:45pm or 6:45 to 7:30pm	9 to 9:45am
ADVANCED: brown, adv. brown, red, int. red, adv. red				
6:30 to 7:15pm	5:50 to 6:35pm +L or 6:45 to 7:30pm +L	6:30 to 7:15pm	5:50 to 6:35pm +L or 6:45 to 7:30pm +L	Br+ABr: 9 to 9:45am 9:50 to 10:35am +L
JUNIOR BLACK BELT				
6:30 to 7:15pm	5:50 to 6:35pm +L or 6:45 to 7:30pm +L	6:30 to 7:15pm	5:50 to 6:35pm +L or 6:45 to 7:30pm +L	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>				FRI: 5:30 to 6:30pm SAT: 10:45 to 11:45am

- **SPECIAL CLASS TIMETABLE – each week 5; Saturday only**

BELT GRADUATION CEREMONY at 8:45am & 10am: no regular classes take place (except LChamps@10a)

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. Move to your Prep Zone to prepare quietly for the lesson
7. Approved KickFit safety equipment is required on 'B' days by all students, intermediate and higher
8. Junior students from 7 to 12 years
9. Little Champion students 4 to 6 years

Valid From: 1 MAY 10